




# NOVEMBER 12-16, 2018



## FREDERICA ACADEMY LOWER SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Entrée</b> Meatballs with Meat Sauce Pasta Green Beans	<b>Entrée</b> Baked Chicken Mashed Potatoes Steamed Broccoli with Cheese	<b>Entrée</b> Grilled Chicken Tacos Mexican Rice with Black Beans Corn + Peas + Carrots	<b>Thanksgiving Feast!</b> 	<b>Pizza Day (2 Slices)</b> Cheese or Pepperoni Pizza Raw Veggies Fruit
Turkey, Ham + Cheese, and PB and J Sandwiches	Turkey, Ham + Cheese, and PB and J Sandwiches	Turkey, Ham + Cheese, and PB and J Sandwiches	Turkey, Ham + Cheese, and PB and J Sandwiches	Turkey, Ham + Cheese, and PB and J Sandwiches
Fresh Fruit of the Day	Fresh Fruit of the Day	Fresh Fruit of the Day	Fresh Fruit of the Day	Fresh Fruit of the Day

### ICE CREAM DAY!!

- Sandwich of the Day will always include a Peanut Butter & Jelly (PB&J) and Turkey or Ham with cheese on whole wheat bread. There will also be wraps, mini-sub and pita sandwiches offered occasionally that are not listed on the menu.
- Soup and other items not detailed on the menu may also be offered.
- Protein Snack Combos with a variety of cheese, fruit, hummus, peanut butter, crackers and veggies will be on the salad bar daily along with Fresh fruit.
- Yogurt Cups, string cheese, Go-GURT sticks, Granola bars, Nutria-Grain bars and peanut packs are in the cooler or counter.
- 2% milk, small bottled water and chocolate milk are available in the cooler.

