



Grades 1-12 MENU

May 2018

FREDERICA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
Southern Flair Day Southern Fried Chicken BBQ Chicken Homemade Macaroni & Cheese Mashed Potatoes Vegetables Chef and Pasta Salad Combo Assorted Sandwiches	Pasta with Meatball Grilled Cheese or Grilled Ham and Cheese Soup Fruit Chef Salad with Sliced Turkey Assorted Sandwiches	Chicken Tenders and Fries Basket or Burgers and Fries Basket Chef Salad with Ham Assorted Sandwiches	Baked or Fried Fish Chicken and Pasta Casserole Soft Shell Fish Tacos Cheese Grits Seasoned Rice Vegetables Chef Salad with Chicken Assorted Sandwiches	Pizza Day Cheese or Pepperoni Pizza Vegetables Side Salad Fruit Chef Salad with Ham Assorted Sandwiches Ice Cream Day
14	15	16	17	18
Meatball Subs Mashed Potatoes Vegetables Chef and Pasta Salad Combo Assorted Sandwiches	Chicken Alfredo with Pasta Broccoli Side Salad Soup and Salad Combo Assorted Sandwiches	Grilled Cheese or Grilled Ham and Cheese Soup Fruit Salad with Turkey Assorted Sandwiches	Baked Chicken Macaroni and Cheese Vegetables Ham or Turkey Wraps Chef Salad with Ham Assorted sandwiches	Pizza Day Cheese or Pepperoni Pizza Vegetables Side Salad Fruit Chef Salad with Ham Assorted Sandwiches Ice Cream Day
21	22	23	24	25
<u>LS and US Only / MS No Lunch</u> Pasta Meat Sauce or Alfredo Sauce Vegetables Chef Salad with Chicken Assorted Sandwiches	<u>LS Lunch Only – No MS / US</u> Hamburger Sliders Buffalo Tender Sliders Mashed Potatoes Steamed Broccoli Fruit Chef Salad Assorted Sandwiches	<u>LS Lunch Only – No MS / US</u> Beef and Cheese Quesadillas Beef and Cheese Nachos Seasoned Rice Side Salad Chef Salad with Turkey Assorted Sandwiches	Lower School Hot Dog Lunch Day with Chef Baked Beans Fruit Salad Chef Salad with Chicken Tenders Assorted sandwiches	Have a Safe and Happy Summer!

- 1) Additional Items are available during MS and US lunch. Breakfast available during MS and US break period.
- 2) Soup may also be available on the food line on days that not on the menu.