



NOVEMBER 19-20, 2018



FREDERICA ACADEMY LOWER SCHOOL LUNCH MENU

MONDAY	TUESDAY	
Entrée	Entrée	
BBQ Sliders	Homemade Chicken + Dumplings	
Mashed Potatoes	Fruit	
Glazed Carrots	Lima Beans	
Fruit		
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	
ICE CREAM DAY!!		



**Thanksgiving Break
No School**

- 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-subs 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.

