

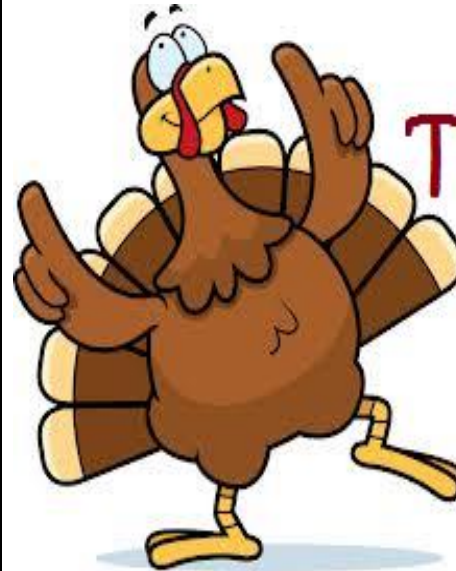


NOVEMBER 19-20, 2018



FREDERICA ACADEMY LOWER SCHOOL LUNCH MENU

MONDAY	TUESDAY
Entrée BBQ Sliders Mashed Potatoes Glazed Carrots Fruit Turkey, Ham + Cheese, and PB and J Sandwiches Fresh Fruit of the Day ICE CREAM DAY!!	Entrée Homemade Chicken + Dumplings Fruit Lima Beans Turkey, Ham + Cheese, and PB and J Sandwiches Fresh Fruit of the 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-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.

