



St Frederick High School
December 2017 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1-Dec
MONDAY 4-Dec Lasagna Green Peas Corn or Roast Beef Sandwich Fruit and Chips	TUESDAY 5-Dec Salisbury Steak Mashed Potatoes Green Beans or Grilled Chicken Fruit & Chips	WEDNESDAY 6-Dec Chicken Tenders Broc & Rice Buttered Carrots or Turkey Sandwich Fruit & Chips	THURSDAY 7-Dec Sausage & Chicken Jambalaya Rice Lima Beans or Hamburger Fruit & Chips	FRIDAY 8-Dec
MONDAY 11-Dec Chicken Tenders Corn Mac & Cheese or Turkey Sandwich Fruit&Chips	TUESDAY 12-Dec Red Beans & Rice Rice Green Beans or Fried Chicken Breast Fruit & Chips	WEDNESDAY 13-Dec Country Fried Steak Mashed Potatoes Broccoli or Hamburger Fruit & Chips	THURSDAY 14-Dec Spicy Cajun Chicken Rice Carrot Souffle or Grilled Chicken Fruit & Chips	FRIDAY 15-Dec
MONDAY 18-Dec Meatball & Spaghetti Green Beans Corn or Grilled Chicken Fruit & Chips	TUESDAY 19-Dec Chicken Tenders Augratin Potatoes Green Peas or Turkey Sandwich Fruit & Chips	WEDNESDAY 20-Dec Baked Chicken Mashed Potatoes Buttered Carrots or Hamburger Fruit & Chips	THURSDAY 21-Dec NO SCHOOL	FRIDAY 22-Dec
MONDAY 25-Dec Merry Christmas	TUESDAY 26-Dec NO SCHOOL	WEDNESDAY 27-Dec NO SCHOOL	THURSDAY 28-Dec NO SCHOOL	FRIDAY 29-Dec