



St Frederick High School

January 2017 Menu

MONDAY 1-Jan	TUESDAY 2-Jan	WEDNESDAY 3-Jan	THURSDAY 4-Jan	FRIDAY
MONDAY 8-Jan Lasagna Carrot Souffle Lima Beans Fried Chicken	TUESDAY 9-Jan Meat Pie Green Peas Mashed Potatoes Hamburger	WEDNESDAY 10-Jan Country Fried Steak w/gravy Corn Mac & Cheese Grilled Chicken	THURSDAY 11-Jan Chicken Tenders Green Beans Broc & Rice Roast Beef	FRIDAY
MONDAY 15-Jan No School	TUESDAY 16-Jan Hamburger Corn Baby Carrots Turkey Sandwich	WEDNESDAY 17-Jan Chicken & Dumpling Mashed Potatoes Broc & Rice Fried Chicken Breast	THURSDAY 18-Jan Sausage Red Beans Rice Carrot Souffle Grilled Chicken	FRIDAY
MONDAY 22-Jan Spicy Cajun Chicken Mac & Cheese Rice Roast Beef	TUESDAY 23-Jan Meatball & Spaghetti Green Beans Corn Grilled Chicken	WEDNESDAY 24-Jan Baked Chicken Mashed Potatoes Carrot Souffle Turkey Sandwich	THURSDAY 25-Jan Chicken Tenders Augratin Potatoes Lima Beans Hamburger	FRIDAY
MONDAY 29-Jan Salisbury Steak Corn Green Beans Grilled Chicken	TUESDAY 30-Jan Chicken Tenders Broc & Rice Lima Beans <i>Roast Beef</i>	WEDNESDAY 31-Jan	THURSDAY	FRIDAY