



St Frederick High School
September 2017 Menu

<p align="center">MONDAY 4-Sep</p>	<p align="center">TUESDAY 5-Sep Chicken Tenders Carrot Souffle Brocoli</p> <p align="center">Hamburger Fruit & Chips</p>	<p align="center">WEDNESDAY 6-Sep Meat Pie Mashed Potatoes Corn</p> <p align="center">Turkey Sandwich Fruit & Chips</p>	<p align="center">THURSDAY 7-Sep Baked Chicken Qtrs Au gratin Potatoes Green Beans</p> <p align="center">Grilled Chicken Fruit & Chips</p>	<p align="center">FRIDAY 2-Sep</p>
<p align="center">MONDAY 11-Sep Salisbury Steak Mashed Potatoes Carrot Souffle</p> <p align="center">Fried Chicken Sandwich Fruit & Chips</p>	<p align="center">TUESDAY 12-Sep Sausage & Chicken Jambalaya Pinto Beans Mac & Cheese Roll</p> <p align="center">Grilled Chicken Fruit & Chips</p>	<p align="center">WEDNESDAY 13-Sep Lasagna Corn Green Beans Roll</p> <p align="center">Turkey Sandwich Fruit & Chips</p>	<p align="center">THURSDAY 14-Sep Chicken Tenders Lima Beans Broc & Rice Roll</p> <p align="center">Roast Beef Po-Boy Fruit & Chips</p>	<p align="center">FRIDAY 9-Sep</p>
<p align="center">MONDAY 18-Sep Southwest Chicken Spanish Rice Turnip Greens Roll</p> <p align="center">Turkey Sandwich Fruit & Chips</p>	<p align="center">TUESDAY 19-Sep Sausage Beans & Rice Green Peas Mac & Cheese Roll</p> <p align="center">Fried Chicken Sandwich Fruit & Chips</p>	<p align="center">WEDNESDAY 20-Sep Spicy Cajun Chicken Rice Corn Roll</p> <p align="center">Roast Beef Po Boy Fruit & Chips</p>	<p align="center">THURSDAY 21-Sep Meatball & Spaghetti Broc & Rice Green Beans Roll</p> <p align="center">Grilled Chicken Fruit & Chips</p>	<p align="center">FRIDAY 16-Sep</p>
<p align="center">MONDAY 25-Sep Chicken & Dumpling Broccoli Mashed Potatoes Roll</p> <p align="center">Fried Chicken Sandwich Fruit & Chip</p>	<p align="center">TUESDAY 26-Sep Salisbury Steak Au gratin Potatoes Green Beans Roll</p> <p align="center">Grilled Chicken Fruit & Chips</p>	<p align="center">WEDNESDAY 27-Sep Baked Chicken Qtrs Yellow Rice Carrot Souffle Roll</p> <p align="center">Hamburger Fruit & Chips</p>	<p align="center">THURSDAY 28-Sep Chicken Tenders Mac & Cheese Green Peas Roll</p> <p align="center">Turkey Sandwich Fruit & Chips</p>	<p align="center">FRIDAY 23-Sep</p>
				<p align="center">FRIDAY 30-Sep</p>