



St Frederick High School
January 2019 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">MONDAY 6-Jan Chicken Tenders Mac & Cheese Lima Beans</p> <p align="center">Fried Chicken</p>	<p align="center">TUESDAY 7-Jan Meat Pie Green Peas Mashed Potatoes</p> <p align="center">Turkey</p>	<p align="center">WEDNESDAY 8-Jan Sausage Beans Rice Carrot Souffle</p> <p align="center">Grilled Chicken</p>	<p align="center">THURSDAY 9-Jan Lasagna Green Beans Broc & Rice</p> <p align="center">Roast Beef</p>	
<p align="center">MONDAY 13-Jan Chicken Tetrazzini Salad Broccoli</p> <p align="center">Grilled Chicken</p>	<p align="center">TUESDAY 14-Jan Salisbury Steak Green Beans Mashed Potatoes</p> <p align="center">Roastbeef</p>	<p align="center">WEDNESDAY 15-Jan Chicken & Dumpling Baby Carrots Green Peas</p> <p align="center">Fried Chicken Breast</p>	<p align="center">THURSDAY 16-Jan Country Fried Steak Corn Augratin potatoes</p> <p align="center">Turkey sandwich</p>	
<p align="center">MONDAY 20-Jan</p> <p align="center">MLK- Day No-School</p>	<p align="center">TUESDAY 21-Jan Meatsauce & Spaghetti Green Beans Salad</p> <p align="center">Hamburger</p>	<p align="center">WEDNESDAY 22-Jan Baked Chicken Mashed Potatoes Carrot Souffle</p> <p align="center">Turkey Sandwich</p>	<p align="center">THURSDAY 23-Jan Fried Pork Chop Augratin Potatoes Lima Beans</p> <p align="center">Grilled Chicken</p>	
<p align="center">MONDAY 27-Jan Hamburger Corn Fried Potatoes</p> <p align="center">Grilled Chicken</p>	<p align="center">TUESDAY 28-Jan Chicken Tenders Broc & Rice Lima Beans</p> <p align="center"><i>Roast Beef</i></p>	<p align="center">WEDNESDAY 29-Jan Spicy Cajun Chicken Baby Carrots Rice</p> <p align="center">Fried Chicken</p>	<p align="center">THURSDAY 30-Jan Southwest Chicken Breast Yellow Rice Green Peas</p> <p align="center">Turkey Sandwich</p>	