



Seashore Middle Academy

August 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Chef Salad w/ Baked Potato Available / Milk, Chocolate Milk Available with Meal</i>	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 <i>Chicken Strips with Country Gravy, Mashed Potatoes, Steamed Corn, Lite Fruit Cocktail</i>	23 <i>Chicken Parmesan, Green Beans, Garlic Bread, Orange Wedges</i>	24 <i>Cheese Enchiladas, Spanish, Rice, Refried Beans, Chocolate Pudding</i>	25 <i>Foot Long Hot Dog, Potato Wedges, Corn on the Cob, Sugar Free Cookie</i>	26 <i>Low Fat Pepperoni Pizza, Vegetable Soup, Carrot Sticks, Ranch Dressing, LF Pudding</i>	27
28	29 <i>Sloppy Joe on a Bun, Corn on the Cob, Ranch Style Beans, Lite Fruit Cocktail</i>	30 <i>Chicken Alfredo, Penne Pasta, Steamed Green Beans, Garlic Bread, Orange Wedge</i>	31 <i>Salisbury Steak, Brown Gravy, White Rice, Steamed Corn, Roll, Lite Pears</i>	1 <i>Chicken Fried Chicken, Mashed Potatoes, Country Gravy, Steamed Corn, Sugar Free Cookie</i>	2 <i>Spaghetti 'n Meatballs, Green Beans, Garlic Bread, Orange Wedges</i>	3