



Seashore Middle Academy

January 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1 Chef Salad w/ Baked Potato Avail- able / Milk, Chocolate Milk Available with Meal</i>	<i>2 Ft. Long, Corn Dog, Baked Fries, Broccoli 'n Cheese Lite Fruit Cocktail</i>	<i>3 Ravioli with Marinara Sauce, Green Beans, Garlic Bread, Orange Wedge</i>	<i>4 Steak Fingers, Mashed Potatoes, Country Gravy, Steamed Carrots Lite Pear Half</i>	<i>5 Grilled Ham & Cheese, Mac n' Cheese, Mixed Veggies, Strawberry Jello</i>	<i>6 Low Fat Pepperoni Pizza, Baked Fries, Carrot Sticks, Ranch Dressing, Pudding</i>	<i>7</i>
<i>8</i>	<i>9 Grilled Chicken on a Bun, Baked Beans, Corn on the Cob, Sugar Free Cookie</i>	<i>10 Spaghetti 'n Meatballs, Green Beans, Garlic Bread, Orange Wedges</i>	<i>11 Beef Tacos, Spanish Rice, Refried Beans, Chocolate Pudding</i>	<i>12 Chicken Fried Steak, Gravy Mashed Potatoes, Mixed Veggies, Lite Pears</i>	<i>13 Chicken Al- fredo, Penne Pasta, Steamed Green Beans, Garlic Bread, Jello</i>	<i>14</i>
<i>15</i>	<i>16 Chicken Strips with Country Gravy, Mashed Potatoes, Steamed Corn, Lite Peaches</i>	<i>17 Chicken Parmesan, Penne Pasta, Green Beans, Garlic Bread, Jello</i>	<i>18 1/2 Day No Lunch</i>	<i>19 Cheese Burger Crinkle Cut Potatoes, Hamburger Salad, Peach Slices</i>	<i>20 Spaghetti N' Meatballs, Steamed Green Beans, Garlic Bread, Jello</i>	<i>21</i>
<i>22</i>	<i>23 Pot Pie, Mashed Potatoes, Steamed Carrots, Orange Jello</i>	<i>24 Beef Tacos, Spanish Rice, Refried Beans, Chocolate Pudding</i>	<i>25 Salisbury Steak, Brown Gravy, White Rice, Fresh Green Beans, Fresh Fruit</i>	<i>26 Cheese Quesadillas, Spanish Rice, Refried Beans, Cookie</i>	<i>27 Cheeseburger Crinkled Cut Potatoes Hamburger Salad, Peach Slices</i>	<i>28</i>
<i>29</i>	<i>30 Ft. Long, Corn Dog, Baked Fries, Broccoli 'n Cheese Lite Fruit Cocktail</i>	<i>31 Ravioli with Marinara Sauce, Green Beans, Garlic Bread, Orange Wedge</i>	<i>1 Steak Fingers, Mashed Potatoes, Country Gravy, Steamed Carrots Lite Pear Half</i>	<i>2 Grilled Ham & Cheese, Mac n' Cheese, Mixed Veggies, Strawberry Jello</i>	<i>3 Low Fat Pepperoni Pizza, Baked Fries, Carrot Sticks, Ranch Dressing, Pudding</i>	<i>4</i>