



Seashore Middle Academy

October 2011



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