


Seashore Middle Academy

November 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Chef Salad w/ Baked Potato Available / Milk, Chocolate Milk Available with Meal</i>	<i>31 Ft. Long, Corn Dog, Baked Fries, Broccoli 'n Cheese 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, Mixed Veggies, Strawberry Jello</i>	<i>4 Low Fat Pepperoni Pizza, Baked Fries, Carrot Sticks, Ranch Dressing, Pudding</i>	<i>5</i>
<i>6</i>	<i>7 Grilled Chicken on a Bun, Baked Beans, Corn on the Cob, Sugar Free Cookie</i>	<i>8 Spaghetti 'n Meatballs, Green Beans, Garlic Bread, Orange Wedges</i>	<i>9 Beef Tacos, Spanish Rice, Refried Beans, Chocolate Pudding</i>	<i>10 Chicken Fried Steak, Gravy Mashed Potatoes, Mixed Veggies, Lite Pears</i>	<i>11 Chicken Alfredo, Penne Pasta, Steamed Green Beans, Garlic Bread, Jello</i>	<i>12</i>
<i>13</i>	<i>14 Chicken Strips with Country Gravy, Mashed Potatoes, Steamed Corn, Lite Peaches</i>	<i>15 Chicken Parmesan, Penne Pasta, Green Beans, Garlic Bread, Jello</i>	<i>16 Cheese Enchiladas, Spanish Rice, Refried Beans, Chocolate Pudding</i>	<i>17 Cheese Burger Crinkle Cut Potatoes, Hamburger Salad, Peach Slices</i>	<i>18 Holiday Meal</i>	<i>19</i>
<i>20</i>	<i>21 Thanksgiving Break</i>	<i>22 Thanksgiving Break</i>	<i>23 Thanksgiving Break</i>		<i>25 Thanksgiving Break</i>	<i>26</i>
<i>27</i>	<i>28 Pot Pie, Mashed Potatoes, Steamed Carrots, Orange Jello</i>	<i>29 Beef Tacos, Spanish Rice, Refried Beans, Chocolate Pudding</i>	<i>30 Salisbury Steak, Brown Gravy, White Rice, Fresh Green Beans, Fresh Fruit</i>	<i>1 Cheese Quesadillas, Spanish Rice, Refried Beans, Cookie</i>	<i>2 Cheeseburger Crinkled Cut Potatoes Hamburger Salad, Peach Slices</i>	<i>3</i>