



Seashore Middle Academy

September 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Chef Salad w/ Baked Potato Available / Milk, Chocolate Milk Available with Meal</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
4	5 <i>No School</i>	6 <i>Ravioli with Marinara Sauce, Green Beans, Garlic Bread, Orange Wedge</i>	7 <i>Steak Fingers, Mashed Potatoes, Country Gravy, Steamed Carrots Lite Pear Half</i>	8 <i>Grilled Chicken on a Bun, Baked Beans, Corn on the Cob, Sugar Free Cookie</i>	9 <i>Low Fat Pepperoni Pizza, Vegetable Soup, Carrot Sticks, Ranch Dressing, LF Pudding</i>	10
11	12 <i>Grilled Chicken on a Bun, Baked Beans, Corn on the Cob, Sugar Free Cookie</i>	13 <i>Spaghetti 'n Meatballs, Green Beans, Garlic Bread, Orange Wedges</i>	14 <i>Chili Cheese Bean & Beef Burrito, Spanish Rice, Refried Beans, Lite Fruit Cocktail</i>	15 <i>Chicken Fried Steak, Gravy Mashed Potatoes, Mixed Veggies, Lite Pears</i>	16 <i>Chicken Alfredo, Penne Pasta, Steamed Green Beans, Garlic Bread,</i>	17
18	19 <i>Chicken Strips with Country Gravy, Mashed Potatoes, Steamed Corn, Lite Peaches</i>	20 <i>Chicken Parmesan Green Beans, Garlic Bread, Orange Wedges</i>	21 <i>Cheese Enchiladas, Spanish, Rice, Refried Beans, Chocolate Pudding</i>	22 <i>Foot Long Hot Dog, Potato Wedges, Corn on the Cob, Sugar Free Cookie</i>	23 <i>Low Fat Pepperoni Pizza, Vegetable Soup, Carrot Sticks, Ranch Dressing, LF Pudding</i>	24
25	26 <i>Sloppy Joe on a Bun, Corn on the Cob, Ranch Style Beans, Lite Fruit Cocktail</i>	27 <i>Chicken Alfredo, Penne Pasta, Steamed Green Beans, Garlic Bread, Orange Wedge</i>	28 <i>Salisbury Steak, Brown Gravy, White Rice, Steamed Corn, Roll, Lite Pears</i>	29 <i>Chicken Fried Chicken, Mashed Potatoes, Country Gravy, Steamed Corn, Sugar Free Cookie</i>	30 <i>Spaghetti 'n Meatballs, Green Beans, Garlic Bread, Orange Wedges</i>	1