

Southland Academy Lunch Menu

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Beef Stew & Rice Green peas , broccoli Yeast rolls Fish sticks Waffle fries	7 Taco Salad Soft Shell taco Ye:ow rice Black beans Cinnamon Chips	8 Pizza - Pep & Cheese Side Salad, Corn Garlic Sticks Fries	9 Baked Chicken Mash potatoes String beans, carrots Rolls, Chicken San Fries	10 Fried Fish Cheese grits, slaw Hush puppies Chicken nuggets Onion Rings	11
12	13 Bake Spaghetti Broccoli, Spinach Garlic toast Chicken Tenders Steak Fries	14 Country fried chicken w/ white pepper gravy Mash potatoes, corn Roll Chicken wraps/Tots	15 Pizza - Pep & Cheese Side Salad, Corn Garlic Sticks Fries	16 Shrimp & veggie Alfredo Caesar Salad , yams. Garlic Bread Chicken Bites/ fries	17 Fried Chicken Yellow rice Sweet peas, green beans, roll Nuggets / fries	18
19	20 <i>Holiday</i>	21 Taco salad Soft Taco Corn/ black beans Rice/ cinn chips	22 Pizza—Pep & Cheese broccoli Corn on cob Salad / cinn sticks	23 Meatloaf Mash potatoes carrots, swt peas Nuggets/ fries	24 Philly cheese steaks/ chicken Mozzarella sticks Sweet potato fries	25
26	27 Ravioli w/ meat sauce Green beans Mac & cheese bites Breadsticks Hot dogs/ fries	28 Salisbury Steaks Mash potatoes/gravy Asparagus, lima bean Grill chicken Sandwiches/ fries	29 Pizza—pep 7 cheese Pasta, broccoli Breadsticks/ fries Corn nuggets	30 Baked Turkey wings Rice, cabbage Yams Cornbread Nuggets/ fries	31 Meatball Subs Corn nuggets Sweet peas Honey bbq glaze ten- ders	