

SPARTANBURG COUNTY DISTRICT 6 HIGH SCHOOLS LUNCH MENU FEBRUARY 2010



FEBRUARY 1 - 5

- MON Hamburger Steak w/Gravy, peppers & onions, baked fries, green peas, cole slaw, ww roll, chilled pears
- TUE *Pork Fajitas, *yellow rice, *black bean & corn salad, steamed broccoli, tortilla chips, *fresh apple
- WED Meatloaf, mashed potatoes w/gravy, seasoned corn, green beans, cole slaw, ww roll, peach crisp
- THU *Pasta w/Italian Meat Sauce, *tossed salad, glazed carrots, *garlic bread, *pineapple cup
- FRI Chicken Poppers, vegetable soup, baked potato, cole slaw, ww roll, baked apples

FEBRUARY 8 - 12

- MON *Sweet & Sour Pork, *oriental fried rice, *broccoli & carrots, *fortune cookie, *chilled peaches
- TUE Mini Cheeseburgers, potato wedges or tater tots, vegetable soup, fruit cocktail
- WED Sampler Platter, baked tater tots, cole slaw, baked beans, ww roll, apple crisp
- THU *Baked Ziti, *tossed salad, *green beans, *honey wheat bread sticks, *chilled pears
- FRI No School

FEBRUARY 15 - 19

- MON Chicken Nuggets w/Sweet Mustard Dressing, mashed potatoes w/gravy, green beans, ww roll, chilled pears
- TUE *Pulled BBQ Pork/WW Bun, *steamed rice, *steamed cabbage, glazed carrots, *apple crisp
- WED *Turkey Pot Pie, *glazed sweet potatoes, *turnip greens, cornbread, *baked apples
- THU Hamburger Steak w/Gravy, rice w/gravy, black eyed peas, tomato & cucumber, ww roll, chilled peaches
- FRI Hot Dog w/Chili, baked beans, potato wedges or tater tots, cole slaw, pineapple crisp

FEBRUARY 22 - 26

- MON Sliced Pork w/Gravy, mashed potatoes, green beans, glazed carrots, wg biscuit, peach crisp
- TUE *Chicken Caesar Salad, *baked potato, chili w/beans, *ww roll, *fruited jell-o
- WED *Pasta w/Italian Meat Sauce, *tossed salad, *honey wheat bread sticks, assorted fruit juice, assorted fresh fruit
- THU Oven Fried Chicken, rice w/gravy, black eyed peas, tomato & cucumber, ww roll, rosy pears
- FRI Pulled BBQ Pork/WW Bun, baked beans, ranch potatoes, cole slaw, baked apples



All selections prepared on Whole Wheat Crust

AVAILABLE DAILY
Pepperoni Pizza & Cheese Pizza

ROTATING DAILY SPECIALS

- Monday - Cheese Sticks w/Marinara
- Tuesday - Twisted Cheese Sticks
- Wednesday - Combination Pizza
- Thursday - Mexican Pizza
- Friday - Cheddar Onion Pizza

*Includes Pizza or Specialty Dish with Vegetable Sides,
Fresh Fruit and choice of Milk*



All selections prepared on Whole Wheat Bread

Choose From The Following:

FRESHLY MADE TO ORDER
SANDWICHES and WRAPS

TUNA SALAD • CHICKEN SALAD
BREADED CHICKEN STRIP • HAM • TURKEY
AMERICAN CHEESE • SWISS CHEESE

*Your choice of
Bread & Toppings:
Crispy lettuce
Sliced tomatoes
Peppers
Mayonnaise
Mustard
Oil & Vinegar*



Balanced Choices meals are available weekly. Look for this icon or an (*) asterisk to identify meal components. All Balanced Choices Meals are served with specific side items and 1% or less milk. Refer to weekly menu signage posted at your school.



Our menus recognize the positive impact whole grains can make on the health of children. We strive to make half our grains whole.




This initiative is part of Chartwells continued commitment to the health & welfare of the students we serve. It is also an opportunity for us to contribute to the local economy. Our monthly locally grown menu features are indicated on the menu.



In accordance with Federal Law and U.S. Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. (Not all prohibited basis apply to all programs) To file a complaint of discrimination, write U.S.D.A., Director, Office of Civil Rights, Room 326-w, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202)720-5964 (voice and TTD). U.S.D.A. is an equal opportunity provider and employer.



THE FRESH GRILLE

All selections prepared on
Whole Wheat Bun or
Whole Grain Bread 

AVAILABLE DAILY

Cheeseburger, Hamburger,
Chicken Filet & BBQ Pork

February 1 - 5

Monday - Bacon Cheeseburger
Tuesday - Baked Corn Dog
Wednesday - BBQ Pork Riblet
Thursday - Hot Dog w/Chili
Friday - Chicken Club Sandwich

February 8 - 12

Monday - Jalapeno Cheeseburger
Tuesday - Patty Melt
Wednesday - Hot Dog w/Chili
Thursday - Grilled Chicken Wrap
Friday - No School

February 15 - 19

Monday - Bacon Cheeseburger
Tuesday - Baked Corn Dog
Wednesday - BBQ Pork Riblet
Thursday - Hot Dog w/Chili
Friday - Chicken Club Sandwich

February 22 - 26

Monday - Jalapeno Cheeseburger
Tuesday - Patty Melt
Wednesday - Hot Dog w/Chili
Thursday - Grilled Chicken Wrap
Friday - Bacon Cheeseburger

Outtakes

QUICK CUISINE

AVAILABLE DAILY
Chicken Strip Salad & Ham Chef Salad

Mondays - Chicken Caesar Salad
Tuesdays - Honey Mustard Chicken Wrap
Wednesdays - Oriental Chicken Salad
Thursdays - Veggie Lovers Wrap
Fridays - Buffalo Chicken Salad



DAILY BUNDLE OPTIONS
\$2.75

Monday - Hot & Spicy Chicken Sandwich w/Sides or
Personal Pan Cheese Pizza w/Sides
Tuesday - Treasure Asian Chicken Salad w/Roll or
Personal Pan Pepperoni Pizza w/Sides
Wednesday - Shrimp Po Boy w/Sides or
Personal Pan Pepperoni Pizza w/Sides
Thursday - Chicken Sandwich w/Sides or
Personal Pan Cheese Pizza w/Sides
Friday - Personal Pan Supreme Pizza w/Sides or
Hot & Spicy Chicken Sandwich w/Sides

