

MENU

SPARTANBURG COUNTY DISTRICT 6 INTERMEDIATE & MIDDLE SCHOOL 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 🍴

ROTATING DAILY SPECIALS

- Monday - Pepperoni Pizza
- Tuesday - Cheese Pizza
- Wednesday - Double Stuffed Cheese Pizza
- Thursday - Pepperoni Pizza
- Friday - Cheese Maxx Sticks w/Marinara

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

THE FRESH GRILLE

All selections prepared on
Whole Wheat Bun or
Whole Grain Bread 🍴

- Mondays - BBQ Pork Riblet
- Tuesdays - Chicken Filet Sandwich
- Wednesdays - Hot Dog w/Chili
- Thursdays - Cheeseburger
- Fridays - Chicken Filet Sandwich



Chicken Strip Salad and Ham Chef Salad Daily



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.



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