

Menu

SPARTANBURG COUNTY ELEMENTARY SCHOOLS BREAKFAST MENU MARCH 2010

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| 1 Breakfast Pizza Assorted Cold Cereal Cinnamon Toast Assorted Fruit Juice Milk | 2 Ham & Egg Biscuit Assorted Cold Cereal Baked Tater Tots Applesauce Milk | 3 Biscuit & Gravy Assorted Cold Cereal Cinnamon Brown Sugar Oatmeal Assorted Fruit Juice Milk | 4 Sausage & Egg Biscuit Assorted Cold Cereal Grits Assorted Fruit Juice Milk | 5 Chicken Biscuit Assorted Cold Cereal Cinnamon Brown Sugar Oatmeal Assorted Fruit Juice Milk |
| 8 Biscuit & Gravy Assorted Cold Cereal Sausage Assorted Fruit Juice Milk | 9 Ham Biscuit Assorted Cold Cereal Scrambled Eggs Assorted Fruit Juice Milk | 10 Chicken Biscuit Assorted Cold Cereal Baked Tater Tots Mandarin Oranges Milk | 11 French Toast Sticks Assorted Cold Cereal Sausage Assorted Fruit Juice Milk | 12 Scrambled Eggs w/Toast Assorted Cold Cereal Baked Tater Tots Assorted Fruit Juice Milk |
| 15 Toasted Cheese Assorted Cold Cereal Baked Tater Tots Assorted Fruit Juice Milk | 16 Sausage Biscuit Assorted Cold Cereal Grits Assorted Fruit Juice Milk | 17 Toasted Ham & Cheese Assorted Cold Cereal Cinnamon Brown Sugar Oatmeal Assorted Fruit Juice Milk | 18 Biscuit & Gravy Assorted Cold Cereal Sausage Assorted Fruit Juice Milk | 19 No School |
| 22 Breakfast Pizza Assorted Cold Cereal Cinnamon Brown Sugar Oatmeal Assorted Fruit Juice Milk | 23 Pancake Pup Assorted Cold Cereal Grits Assorted Fruit Juice Milk | 24 Chicken Biscuit Assorted Cold Cereal Baked Tater Tots Assorted Fruit Juice Milk | 25 Toasted Ham & Cheese Assorted Cold Cereal Cinnamon Brown Sugar Oatmeal Assorted Fruit Juice Milk | 26 Biscuit & Gravy Assorted Cold Cereal Sausage Assorted Fruit Juice Milk |
| 29 Spring Break No School | 30 Spring Break No School | 31 Spring Break No School | | |

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.



Menu

SPARTANBURG COUNTY ELEMENTARY SCHOOLS LUNCH MENU MARCH 2010

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| <p>1</p> <p>*BBQ Pork Riblet/WW Bun Cheese Pizza Wedge Fruit Salad/Yogurt & Cheese</p> <p>Confetti Cole Slaw *Baked French Fries Broccoli/Carrots/Cauliflower Banana</p> | <p>2</p> <p>Lasagna w/Garlic Bread *Cheese Maxx Sticks Deli Turkey on Multi Grain</p> <p>*Spinach Salad Baby Carrots/Cucumber Steamed Broccoli *Pears</p> | <p>3</p> <p>*Meatloaf w/Honey Wheat Bread Sticks Chicken Nuggets Ham & Cheese Chef Salad</p> <p>Green Beans *Glazed Sweet Potatoes Strawberries & Banana *Red Grapes</p> | <p>4</p> <p>Beef Taco *Chicken Filet/WW Bun Turkey on Multi Grain</p> <p>*Sliced Lettuce & Tomato *Oven Fries Black Bean & Corn Salad *Fresh Apple</p> | <p>5</p> <p>*BBQ Chicken/WW Bun Hot Dog w/Chili Chicken Strip Salad</p> <p>Cole Slaw Baked Beans Baked Tater Tots Chilled Peaches</p> |
| <p>8</p> <p>Chicken Fajitas *Sloppy Joe/WW Bun Turkey Chef Salad</p> <p>*Pinto Beans Spanish Rice *Tossed Salad Red Grapes</p> | <p>9</p> <p>Sliced Baked Turkey w/Gravy & WW Roll *Chicken Tenders Fruit Salad & Cottage Cheese Fun Lunch</p> <p>Mashed Potatoes *Green Peas *Marinated Tomato & Cucumber *Orange Smiles</p> | <p>10</p> <p>*Double Stuffed Cheese Pizza Broccoli Stuffed Baked Potato Chicken Strip Salad</p> <p>*Seasoned Corn *Pasta Salad w/Veggies *Spinach Salad *Fresh Apple</p> | <p>11</p> <p>Cheesy Chicken over Rice *Hamburger/WW Bun Turkey & Cheese Panini</p> <p>*Sliced Lettuce & Tomato Steamed Broccoli *Baked Sweet Potatoes *Cinnamon Applesauce</p> | <p>12</p> <p>Pasta w/Italian Meat Sauce & Herbed Wheat Bread Sticks *BBQ Chicken/WW Bun Tuna Salad Plate w/Crackers</p> <p>*Crispy Wild Greens Salad *Seasoned Carrots *Baked Apples *Orange Smiles</p> |
| <p>15</p> <p>Vegetable Lasagna *Chicken Nuggets w/Herbed Wheat Bread Sticks Taco Chef Salad</p> <p>Vegetable Medley *Mashed Potatoes *Crispy Wild Greens Salad *Pineapple Cup</p> | <p>16</p> <p>*Baked Chicken w/Brown Rice Cheesy Beef Nachos Turkey on Multi Grain</p> <p>*Baby Carrots/Broccoli Cup *Spinach Salad Pinto Beans *Chilled Peaches</p> | <p>17</p> <p>*Roast Pork w/Cornbread Baked Corn Dog Fruit Salad/Yogurt & Cheese</p> <p>*Steamed Cabbage *Baked Sweet Potato Black Eyed Peas *Baked Apples</p> | <p>18</p> <p>*Meatloaf w/WW Roll Cheese Pizza Wedge Ham & Cheese Chef Salad</p> <p>*Mashed Potatoes *Crisp Wild Greens Salad Peach Crisp *Orange Smiles</p> | <p>19</p> <p>No School</p> |
| <p>22</p> <p>Roast Turkey w/WW Roll *Chicken Filet/WW Roll Ham & Cheese Chef Salad</p> <p>*Baked Sweet Potato Green Peas *Crispy Wild Greens Salad *Fresh Orange</p> | <p>23</p> <p>Mandarin Orange Chicken w/Oriental Fried Rice *Pulled BBQ Pork/WW Bun Chicken Strip Salad</p> <p>*Ranch Potatoes Steamed Broccoli Glazed Carrots *Pineapple Cup</p> | <p>24</p> <p>Pasta w/Italian Meat Sauce & Herbed Wheat Bread Sticks *Hot Dog w/Chili Fruit Salad & Cottage Cheese</p> <p>Spinach Salad Seasoned Corn *Baked Apples *Orange Smiles</p> | <p>25</p> <p>*Chicken Fajitas Chicken Nuggets w/WW Roll Turkey Chef Salad</p> <p>*Black Bean & Corn Salad *Sliced Lettuce & Tomato Oven Fries *Strawberries & Banana</p> | <p>26</p> <p>*Meatloaf w/WW Roll Cheese Pizza Wedge Tuna Salad Plate w/Crackers</p> <p>*Vegetable Soup Potatoes w/Herbs *Tossed Salad *Cinnamon Applesauce</p> |
| <p>29</p> <p>Spring Break No School</p> | <p>30</p> <p>Spring Break No School</p> | <p>31</p> <p>Spring Break No School</p> |  | |

Choice of Milk Offered 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.

