



August 2011



Spartanburg Charter School

Preferred Meal Systems, Inc.
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K-6 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10 CHICKEN DIPPERS (WHOLE GRAIN) W/TOMATO PARMESAN SAUCE Applesauce Cup Garlic Bread	11 CHARBROILED CHEESEBURGER Potato Rounds Orange Juice Hamburger Bun	12 FRENCH BREAD PEPPERONI PIZZA Fresh Baby Carrots Pear Cup
15 BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Apple-Cranberry Juice Fritos	16 TOASTED TURKEY HAM & CHEESE SANDWICH Green Garden Peas Fresh Banana	17 HOT DOG AND FRENCH FRIES Fresh Pear Hot Dog Bun	18 ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Glazed Carrots Mixed Fruit Cup Hamburger Bun	19 CHEESE PISA PIZZA (WHOLE WHEAT) Mixed Greens Salad Peach Cup
22 TACO MEAT Refried Beans Grape Juice Tortilla Rounds (Whole Grain)	23 POPCORN CHICKEN W/POTATO FUN SHAPES Fresh Orange Goldfish Crackers	24 SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE Cut Green Beans Fresh Apple Garlic Bread	25 CHARBROILED HAMBURGER Potato Rounds Pear Cup Hamburger Bun	26 CHEESE PIZZA DIPPERS Marinara Dipping Sauce Mixed Greens Salad Mixed Fruit Cup
29 BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Cherry Frozen Juice Bar	30 ROTINI PASTA BAKE Green Garden Peas Fresh Banana Garlic Bread	31 HOT DOG AND FRENCH FRIES Fresh Peach Hot Dog Bun		

***ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK. AVAILABLE DAILY: ENTRÉE CHOICE OF 8OZ YOGURT AND TWO CHOICES OF VEGETABLE AND FRUIT. ***MENU SUBJECT TO CHANGE.



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