



School Lunch
**LET'S GROW
HEALTHY**

October 2011





Spartanburg Charter School



Preferred Meal Systems, Inc.

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K-6 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Cherry Frozen Juice Bar</p>	<p>4</p> <p>ROTINI PASTA BAKE Green Garden Peas NEW! Funky Fruit Punch Applesauce (all natural) Garlic Bread</p>	<p>5</p> <p>HOT DOG AND FRENCH FRIES Blended Fruit Juice Hot Dog Bun</p>	<p>6</p> <p>CHEESEBURGER Maple Baked Beans Fresh Banana Hamburger Bun</p>	<p>7</p> <p>FRENCH BREAD CHEESE PIZZA Fresh Baby Carrots Fresh Orange</p>
<p>10</p> <p>PATTY MELT SANDWICH ON WHOLE WHEAT BREAD Potato Rounds Blue Raspberry Frozen Juice Bar</p>	<p>11</p> <p>MINI CORN DOGS W/POTATO FUN SHAPES Pineapple Cup</p>	<p>12</p> <p>CRISPY CHICKEN TENDERS (WHOLE GRAIN) Cut Green Beans Grape Juice Corn Muffin</p>	<p>13</p> <p>CHEESE PIZZA DIPPERS Marinara Dipping Sauce Mixed Greens Salad Fresh Orange Fall Cookie</p>	<p>14</p> <p>WHOLE GRAIN CHILI & CHEESE QUESADILLA Whole Kernel Corn Fresh Pear</p>
NATIONAL SCHOOL LUNCH WEEK				
<p>17</p> <p>CHICKEN DIPPERS (WHOLE GRAIN) W/TOMATO PARMESAN SAUCE Applesauce Cup Garlic Bread</p>	<p>18</p> <p>Half Day No lunch</p>	FALL BREAK NO SCHOOL		
<p>24</p> <p>BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Cherry Frozen Juice Bar Fritos</p>	<p>25</p> <p>TOASTED TURKEY HAM & CHEESE SANDWICH Green Garden Peas Peach Cup</p>	<p>26</p> <p>HOT DOG AND FRENCH FRIES Mixed Fruit Cup Hot Dog Bun</p>	<p>27</p> <p>CHEESE PISA PIZZA (WHOLE WHEAT) Mixed Greens Salad Fresh Pear</p>	<p>28</p> <p>ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Glazed Carrots Fresh Orange Hamburger Bun</p>
<p>31</p> <p>TACO MEAT Refried Beans Orange Juice Tortilla Rounds (Whole Grain)</p>				

***ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK.
AVAILABLE DAILY: ENTREE CHOICE OF 8OZ YOGURT AND TWO CHOICES OF VEGETABLE AND FRUIT

***MENU SUBJECT TO CHANGE.



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