



September 2011



Spartanburg Charter School

Preferred Meal Systems, Inc.

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K-6 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
Back To School				
			1 CHEESEBURGER Glazed Carrots Pineapple Cup Hamburger Bun	2 FRENCH BREAD CHEESE PIZZA Fresh Baby Carrots Pear Cup
5 LABOR DAY 	6 MINI CORN DOGS W/POTATO FUN SHAPES Cherry Frozen Juice Bar	7 CRISPY CHICKEN TENDERS (WHOLE GRAIN) Cut Green Beans Fresh Apple	8 CHEESE PIZZA DIPPERS Marinara Dipping Sauce Mixed Greens Salad Pineapple Cup	9 WHOLE GRAIN CHILI & CHEESE QUESADILLA Whole Kernel Corn Blended Fruit Juice
12 CHICKEN DIPPERS (WHOLE GRAIN) W/TOMATO PARMESAN SAUCE Applesauce Cup Garlic Bread	13 BUTTERMILK WAFFLES W/ SAUSAGE PATTY Potato Rounds Fresh Banana	14 MEATBALL SUB W/TOMATO SAUCE Mashed Potatoes Fresh Apple Hot Dog Bun	15 CRISPY CHICKEN FILLET (WHOLE GRAIN) Garden Vegetables Orange Juice Hamburger Bun	16 FRENCH BREAD PEPPERONI PIZZA Fresh Baby Carrots Pear Cup
19 BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Apple-Cranberry Juice Fritos	20 TOASTED TURKEY HAM & CHEESE SANDWICH Green Garden Peas Fresh Banana	21 HOT DOG AND FRENCH FRIES Fresh Pear Hot Dog Bun	22 ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Glazed Carrots Mixed Fruit Cup Hamburger Bun	23 CHEESE PISA PIZZA (WHOLE WHEAT) Mixed Greens Salad Peach Cup
26 TACO MEAT Refried Beans Grape Juice WG Tortilla Rounds	27 POPCORN CHICKEN W/POTATO FUN SHAPES Fresh Orange Goldfish Crackers	28 SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE Cut Green Beans Fresh Apple Garlic Bread	29 CHARBROILED HAMBURGER Potato Rounds Pear Cup Hamburger Bun	30 CHEESE PIZZA DIPPERS Marinara Dipping Sauce Mixed Greens Salad Mixed Fruit Cup

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



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