



## Spartanburg County Elementary Schools Lunch Menu April 2008

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> No School – Spring Holidays	<b>2</b> No School – Spring Holidays	<b>3</b> No School – Spring Holidays	<b>4</b> No School – Spring Holidays
<b>7</b> Cheeseburger on WW Chicken Ranch Wrap Turkey Chef Salad Baked Tater Tots Lettuce & Tomato Baked Beans Chilled Pears	<b>8</b> Sliced Baked Turkey w/ Roll Ham & Cheese Sandwich Chicken Strip Salad Steamed Rice & Gravy Green Beans Carrots Chilled Fruit Juice	<b>9</b> *Cheese Pizza Wedge Chicken Ranch Wrap Ham Chef Salad Corn *Baked Potato Wedges *Animal Crackers *Fresh Orange	<b>10</b> *Chicken Nuggets Turkey & Cheese Hoagie Turkey Chef Salad *Mixed Vegetables *Wheat Roll *Chilled Pineapple *Chocolate Pudding	<b>11</b> Chicken Tenders Toasted Cheese Sand Ham Chef Salad Baked Tater Tots Confetti Cole Slaw Hot Biscuit Strawberry Crisp
<b>14</b> BBQ Chicken on Bun Cheese Ravioli Chicken Nugget Salad Quick Baked Potatoes <i>Local Yellow Squash</i> Garlic Sticks Chilled Diced Pears	<b>15</b> Hot Dog w/ Chili PBJ Sandwich Turkey Chef Salad Baked Tater Tots Crispy Cole Slaw Mixed Vegetables Orange/Pineapple Cup	<b>16</b> *Sliced Baked Turkey w/Gravy Chicken Quesadilla Ham Chef Salad *Baked Sweet Potatoes *Green Beans *Wheat Rolls *Applesauce	<b>17</b> Chicken Fillet Sandwich *Beef A Roni Chicken Strip Salad *Golden Corn Lettuce & Tomato *Garlic Bread *Rosy Applesauce	<b>18</b> Chicken Taco Hot Ham & Cheese Sand Chicken Salad on Lettuce Baked Potato Wedges Pinto Beans Carrots Chilled Pineapple
<b>21</b> Baked Corn Dog Chicken Pot Pie Turkey Chef Salad Local Sweet Potatoes Steamed Green Cabbage Assorted Fruit Cup Chocolate Chip Cookie	<b>22</b> *Chicken Nuggets Turkey & Cheese Wrap Ham Chef Salad *Mashed Potatoes Green Beans *Wheat Roll *Assorted Fresh Fruit	<b>23</b> Cheese Ravioli in Sauce Ham & Cheese Sandwich Chicken Nugget Salad Texas Toast Steamed Broccoli Carrots Rosy Applesauce	<b>24</b> Cheesy Nachos w/ Beef Chicken Ranch Wrap Turkey & Cheese Hoagie Lettuce/Tomato/Pickle Pinto Beans Mexican Corn Asst Chilled Fruit Juice	<b>25</b> Cheese Pizza Wedge BBQ Chicken on WW Bun Trio Sub Potato Wedges Garden Salad Green Beans Fresh Apple
<b>28</b> *Chicken Nuggets Toasted Cheese Sand Ham Chef Salad *Mashed Potatoes Green Peas *Carrots *Orange Wedges	<b>29</b> *Hamburger on WW Bun BBQ Chicken Sandwich Turkey & Cheese Wrap Potato Wedges *Vegetable Pasta Salad *Green Beans *Banana	<b>30</b> Hot Dog on Bun Ham & Cheese Wrap Chicken Salad on Lettuce Baked Tater Tots Baked Beans Cole Slaw Chocolate Chip Cookie		

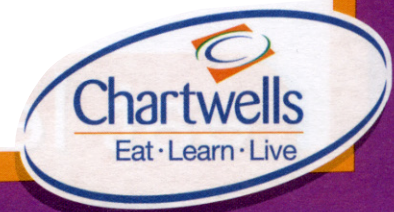
### Choice of Milk Offered Daily



An asterisk(\*) denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium, and other key nutrients. All Balanced Choices meals include a choice of 1% white milk.

The School Lunch Program is operated in accordance with the U.S. Department of Agriculture policy, which does not permit discrimination because of race, color, sex, age, handicap, or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Food service provided by Chartwells School Dining Services.

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## Spartanburg County Elementary Schools Breakfast Menu April 2008

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> No School – Spring Holidays	<b>2</b> No School – Spring Holidays	<b>3</b> No School – Spring Holidays	<b>4</b> No School – Spring Holidays
<b>7</b> Pancakes w/ Sausage or Assorted Cold Cereal  Toast Applesauce Milk	<b>8</b> Scrambled Eggs & Toast Or Assorted Cold Cereal  Cheese Grits Assorted Fruit Juice Milk	<b>9</b> Toasted Ham & Cheese Sandwich or Assorted Cold Cereal  Cinn/Br Sugar Oatmeal Assorted Fruit Juice Milk	<b>10</b> Sausage & Egg Biscuit or Assorted Cold Cereal  Cinn/Br Sugar Oatmeal Assorted Fruit Juice Milk	<b>11</b> Biscuit & Gravy or Assorted Cold Cereal  Grits Assorted Fruit Juice Milk
<b>14</b> Breakfast Pizza or Assorted Cold Cereal  Cinn/Br Sugar Oatmeal Assorted Fruit Juice Milk	<b>15</b> Chicken Biscuit or Assorted Cold Cereal  Grits Assorted Fruit Juice Milk	<b>16</b> French Toast Sticks w/ Syrup or Assorted Cold Cereal  Grits Assorted Fruit Juice Milk	<b>17</b> Biscuit & Gravy or Assorted Cold Cereal  Scrambled Eggs Assorted Fruit Juice Milk	<b>18</b> Sausage Biscuit or Assorted Cold Cereal  Baked Tater Tots Assorted Fruit Juice Milk
<b>21</b> Pancakes w/ Sausage or Assorted Cold Cereal  Toast Applesauce Milk	<b>22</b> Scrambled Eggs & Toast Or Assorted Cold Cereal  Cheese Grits Assorted Fruit Juice Milk	<b>23</b> Toasted Ham & Cheese Sandwich or Assorted Cold Cereal  Cinn/Br Sugar Oatmeal Assorted Fruit Juice Milk	<b>24</b> Biscuit & Gravy or Assorted Cold Cereal  Grits Assorted Fruit Juice Milk	<b>25</b> Sausage & Egg Biscuit or Assorted Cold Cereal  Cinn/Br Sugar Oatmeal Assorted Fruit Juice Milk
<b>28</b> Breakfast Pizza or Assorted Cold Cereal  Grits Assorted Fruit Juice Milk	<b>29</b> Chicken Biscuit or Assorted Cold Cereal  Baked Tater Tots Chilled Applesauce Milk	<b>30</b> Scrambled Eggs w/ Cheese Grits or Assorted Cold Cereal  Cinnamon Toast Assorted Fruit Juice Milk		

### **Choice of Milk Offered Daily**

*\*Chartwells School Dining Services is piloting an initiative for using locally grown produce. This initiative is part of Chartwells continued commitment to the health & welfare of the students we serve as well as a way we can give back to the local economy. Our locally grown produce will be yellow squash served as steamed squash in the month of April.*

### **The Benefits of Regular Physical Activity:**

Exercise is good for you. From preventing heart disease and type-2 diabetes to managing weight and stress to maintaining fitness, regular physical activity helps improve the length and quality of life.

Want to feel better, have more energy and live longer? Look no further than regular, old-fashioned, sweat-inducing exercise. By introducing a moderate amount of exercise into your daily life, you can significantly improve your overall health, well-being & quality of life. The merits of exercise, ranging from preventing chronic health conditions to boosting your confidence & self esteem, and are hard to ignore.

Regular physical activity is essential to the maintenance of a healthy weight and reduces risk for development of a number of chronic diseases. At least 30 minutes of moderate physical activity on most days provides important health benefits in adults. Children and adolescents need at least 60 minutes of moderate to vigorous activity on most days for maintenance of good health, fitness and for healthy weight during growth.

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