

**Spartanburg District #5
Middle Schools Lunch Menu
April 2008**



**Incredibles
includes Entrée,
Sides, Fresh
Fruit and
Choice of Milk
\$1.75**



April 1 - 4

- TUE** No School – Spring Holidays
- WED** No School – Spring Holidays
- THU** No School – Spring Holidays
- FRI** No School – Spring Holidays

April 7 - 11

- MON** Chicken Pot Pie, Sweet Potatoes, Steamed Green Cabbage, Cornbread, Chilled Fruit Cocktail
- TUE** Hot Dog Bar, Baked Potatoes, Crispy Cole Slaw, Chilled Diced Pears
- WED** Roast Pork, Peas & Carrots, Baked Sweet Potatoes, Cranberry Sauce, Roll, Apple Quick Crisp
- THU** Lasagna, Mixed Vegetables, Garden Salad, Wheat Rolls, Chilled Applesauce
- FRI** Baked Ham, Mashed Potatoes w/ Gravy, Green Beans, Wheat Rolls, Rosy Pears

April 14 - 18

- MON** Barbeque Pork on Bun, Potato Wedges, Cole Slaw, Baked Beans, Cinnamon Apple Slices
- TUE** Chicken Nuggets, Mashed Potatoes w/ Gravy, *Steamed Yellow Squash*, Orange, Pear Crisp
- WED** Sliced Baked Ham, Macaroni & Cheese, Green Beans, Hot Biscuit, Assorted Fruit Cups
- THU** Chicken Caesar Salad, Loaded Potato, Normandy Vegetables, Cornbread, Rosy Applesauce
- FRI** Meatloaf, Mashed Potatoes w/ Gravy, Green Beans, Wheat Rolls, Gelatin w/ Fruit, Apple Quick Crisp

April 21 - 25

- MON** Italian Spaghetti w/ Meat Sauce, Garden Salad, Seasoned Corn, Wheat Rolls, Diced Pears
- TUE** Sliced Baked Ham, Mashed Potatoes, Green Peas, Hot Biscuit, Fresh Apple
- WED** Country Style Steak w/ Gravy, Macaroni & Cheese, Green Beans, Wheat Roll, Baked Apples
- THU** Barbeque Pork over Rice, Baked Beans, Cole Slaw, Tater Tots, Strawberry/Banana Cup
- FRI** Chicken Tenders, Mashed Potatoes w/ Gravy, Green Beans, Carrots, Wheat Rolls, Pineapple

April 28 - 30

- MON** Chuck Wagon Chicken, Steamed Rice, Green Beans, Sweet Potatoes, Wheat Roll, Fruit Cocktail
- TUE** Cheesy Chicken & Noodles, Veggie Cup w/ Ranch, Mixed Vegetables, Hot Roll, Strawberry Crisp
- WED** Italian Spaghetti w/ Meat Sauce, Crispy Garden Salad, Green Beans, Garlic Bread, Pineapple

**MONDAYS
Pepperoni Pizza**

**TUESDAYS
Cheese Pizza**

**WEDNESDAYS
Pepperoni Pizza**

**THURSDAYS
Cheeseburger Pizza**

**FRIDAYS
Pepperoni Pizza**

*Includes Pizza or Specialty Dish
with Sides, Fresh Fruit, and
Choice of Milk \$1.75*



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.



eat
learn live

THE FRESH GRILLE

MONDAYS
Chicken Filet Sandwich

TUESDAYS
Cheeseburger

WEDNESDAYS
Hot Dog

THURSDAYS
Cheeseburger

FRIDAYS
Chicken Filet Sandwich

*Includes Sandwich, Sides, Fresh Fruit, and
Choice of Milk \$1.75*

Outtakes
QUICK OUT-TAKE

Grab & Go
Assorted Packaged
Sandwiches, Wraps
& Salads

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.

**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.*

