

**Spartanburg District Five
Secondary Schools
April 2008**

Origins 

Origins includes Entrée, 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

Trattoria

FEATURED DAILY
*Fresh Baked Cheese and
Pepperoni Pizza
Or Specialty Pasta Dish*

- MONDAYS - Cheeseburger Pizza
- TUESDAYS – Two Cheese Pizza
- WEDNESDAYS – Meat Lovers Pizza
- THURSDAYS – Ham & Cheese Pizza
- FRIDAYS – Cheese Sticks w/ Marinara

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

*Sandwich
Central*

**FRESHLY MADE TO ORDER
SANDWICHES**
From a selection of:

- HAM TURKEY
- CHICKEN SALAD TURKEY SALAD
- AMERICAN CHEESE SWISS CHEESE

**Your Choice of White or Wheat Bread &
Toppings:**
Crispy Lettuce, Sliced Red Tomatoes,
Dill Pickle Chips, Mayonnaise,
Mustard and Oil & Vinegar

**Includes Sandwich, 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.



THE FRESH GRILLE

FEATURED DAILY

Hamburger, Cheeseburger, & Chicken Filet

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 Club
TUE - Chicken Parmesan Wrap
WED - Turkey Reuben Sandwich
THU - Buffalo Chicken Wrap
FRI – Hot Dog

April 14 - 18

MON – Baked Corn Dog
TUE – Patty Melt
WED – Chicken Club
THU – Jalapeno Cheeseburger
FRI - Hot Ham & Cheese

April 21 - 25

MON –Chicken Club
TUE – Chicken Parmesan Wrap
WED – Turkey Reuben
THU – Buffalo Chicken Wrap
FRI – Hot Dog

April 28 - 30

MON –Corn Dog
TUE- Patty Melt
WED – Chicken Club

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

Outtakes

Chicken Strip Salad Offered Daily

MONDAYS - Chicken Caesar Salad
TUESDAYS - Honey Mustard Chicken Wrap
WEDNESDAYS - Ham & Cheese Chef Salad
THURSDAYS - Chicken Ranch Wrap
FRIDAYS - Club Wrap

Grab & Go Assorted Packaged Sandwiches, Wraps & Salads

**Not all station concepts are available in every Secondary Level School. Please check with your student's school for specific station availability*



FRESHLY MADE TO ORDER TACOS, BURRITOS, AND NACHOS

From a selection of:
SEASONED GROUND BEEF
FRESH DICED CHICKEN
NACHO CHEESE

*Your Choice of Soft or Hard Shell Tortilla & Toppings:
Shredded Lettuce, Diced Tomatoes, Cheese, Salsa and Sour Cream
Includes choice of Taco, Burrito, or Nachos, Sides, Fresh Fruit, and
Choice of Milk \$1.75*

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 menu feature in April will be fresh yellow squash and will be served as steamed yellow squash.*

