






Spartanburg School District Six High School Menu

February 2012

*The majority of our grains are whole grains, including breads, buns, pasta, and rice.
*Menu items are subject to change based on food availability.

	Monday	Tuesday	Wednesday	Thursday	Friday
	Roasted Chicken Chicken Nuggets	Salisbury Steak Chicken Nuggets	Chili Beans w/ Crackers Chicken Nuggets	Baked Ham Chicken Nuggets	Turkey Pot Pie Chicken Nuggets
 <p>All buns and breads are 100% whole-grain. Toppings: lettuce, tomato, low-fat mayo, ketchup, & mustard</p>	Cheeseburger Chicken Sandwich Chicken Fajita	Cheeseburger Chicken Sandwich Buffalo Chicken Sandwich	Cheeseburger Chicken Sandwich Pork Rib Sandwich	Cheeseburger Chicken Sandwich Chicken Teriyaki Sandwich	Cheeseburger Chicken Sandwich Fish Sandwich w/ Cheese
 <p>All pizzas are made with white-wheat crust.</p>	Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza	Cheese Pizza Pepperoni Pizza Supreme Pizza	Cheese Pizza Pepperoni Pizza Cheeseburger Pizza	Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza	Cheese Pizza Pepperoni Pizza Taco Pizza
 <p>All wraps are 100% whole-grain. Subs/Wraps served with choice of Baked Chips. Toppings: lettuce, tomato, cucumber, jalapenos, pickles, low-fat mayo, & mustard. Salad Dressings: Lite Ranch, FF Italian, & Honey Mustard.</p>	Ham & Cheese Sub Buffalo Chicken Wrap Chef Salad Antipasto Salad	American Sub Ham and Cheese Wrap Chef Salad Popcorn Chicken Salad	Turkey & Cheese Sub Fajita Chicken Wrap Chef Salad Chicken Caesar Salad	Antipasto Sub Turkey and Cheese Wrap Chef Salad Buffalo Chicken Salad	Ham & Cheese Sub Chicken Caesar Wrap Chef Salad Chicken Taco Salad
Panini Station	Philly Steak	Teriyaki Chicken	Ham & Cheese	Buffalo Chicken	Turkey & Cheese
	Rice Pinto Beans Sliced Pears Tangerines Garden Salad Oven Fries	Mashed Potatoes Broccoli Cucumber & Tomato Salad Sliced Peaches Sw. Potato Fries	Sw. Potato Bites Corn on the Cob Pears Applesauce Broccoli Salad Oven Fries	Lima Beans Sweet Potatoes Baked Spiced Apples Sliced Pears Garden Salad Potato Wedges	Green Beans Carrot Sticks Bananas Fruit Cocktail Garden Salad Oven Fries
We serve a variety of fat-free and low-fat milk every day, including white and chocolate. We also serve a variety of 100% fruit juice every day, including apple, orange, and grape.					