

THOMASTON-UPSON SCHOOL NUTRITION



Upson-Lee Primary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Little Smokies Mac-N-Cheese Lima Beans Corn Fruit Choice Cinnamon Roll OR Nutri-grain Bar	2 Breakfast for Lunch Scrambled Eggs & Sausage Biscuit Hashrounds Calypso Crush Juice Fresh Fruit Choice Steak Biscuit OR Kellogg's Poptarts	3 Chicken & Rice Fresh Baked Roll Broccoli & Cheese Seasoned Carrots Strawberry Treat Cereal Day	4 Spaghetti Garlic Bread Stick Corn English Peas Fruit Choice Chicken Biscuit OR Breakfast Muffin	5 BBQ Sandwich Baked Beans Coleslaw Fruit Choice Breakfast Pizza OR Trix Cherry Yogurt
8	9	10	11	12
Celebrating National School Lunch Week				
15 	16 Sloppy Joe Green Beans Baby Carrot Sticks w/ dip Fruit Choice Ham & Cheese Croissant OR Kellogg's Poptarts	17 Vegetable Soup Grilled Cheese Sandwich Garden Salad Seasoned Carrots Fruit Choice Cereal Day	18 Beef Nachos Nacho Bar (lettuce/salsa/sour cream) Mexican Beans Fruit Choice Sausage Biscuit OR Breakfast Bun	19 "October Birthday Celebration" Crispy Chicken Sandwich w/ lettuce & tomato Tater Tots Lima Beans Fruit Choice Grape Crescent Roll OR Ban. Bash Yogurt
22 Popcorn Chicken Basket w/ Toast French Fries Carrots & Celery Sticks Fruit Choice Cinnamon Rolls OR Trix Breakfast Bar	23 Chicken Alfredo Garlic Bread Stick Steamed Broccoli Seasoned Carrots Fruit Choice Steak Biscuit OR Kellogg's Poptarts	24 Steak Nuggets Cornbread Creamy Potatoes w/ gravy Black-eyed Peas Fruit Choice Cereal Day	25 Stuffed Cheese Sticks w/ Marinara Garden Salad Corn Fruit Choice Chicken Biscuit OR Breakfast Muffin	26 Homecoming Tailgate Luncheon Grilled Hotdogs Chips Calypso "Knight" Crush Juice Fruit Treat Cookie Breakfast Pizza OR Trix Raspberry Yogurt
29 Little Smokies Mac-N-Cheese Lima Beans Corn Fruit Choice Mini Pancake Bites OR Cheerios Bar	30 Breakfast for Lunch French Toast Scrambled Eggs Hashrounds Calypso Crush Juice Apples for "Georgia Apple Day" Ham & Cheese Croissant OR Kellogg's Poptarts	31 Poppyseed Chicken Fresh Baked Roll Steamed Broccoli Early Peas Strawberry Treat Cereal Day		
Sandwich & Salad Line offered daily				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PBJ Uncrustable Sandwich	Ham or Turkey & Cheese Sandwich	PBJ Uncrustable Sandwich	Fresh Wraps (Ham, Chicken, or Turkey w/Cheese)	PBJ Uncrustable Sandwich
<i>Fresh Salad options offered daily with meat/cheese/cracker/etc.</i>				
<i>All lunch meals are served with vegetable, fruit, and milk options. All breakfast meals are served with fresh fruit, fruit juice, and milk options.</i>				

