

THOMASTON-UPSON SCHOOL NUTRITION



Upson-Lee Pre-K School

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

