

THOMASTON-UPSON SCHOOL NUTRITION



Upson-Lee Elementary School

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

