




THOMASTON-UPSON SCHOOL NUTRITION



Upson-Lee High School August 2018 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Knight's Table Line				
6 Welcome Back to School Chicken Tacos w/ Taco Bar Spicy Black Beans Whole Kernel Corn	7 Chicken Parmesan Breadstick Green Beans Seasoned Carrots	8 Spicy Chicken Tenders Garlic Toast Sweet Potato Fries Fresh Veggies w/ranch dip	9 Teriyaki Chicken w/ Rice Peppers & Onions English Peas	10 Catfish Strips Golden Hushpuppies French Fries Coleslaw
13 Beef and Cheese Nachos w/ Nacho Bar Refried Beans Whole Kernel Corn	14 Creamy Chicken Alfredo Garlic Bread Stick Steamed Broccoli Roasted Carrots	15 Country Fried Steak Fresh Baked Roll Creamy Potatoes w/gravy Black-eyed Peas	16 Baked Potato Bar w/Chili & Cheese Saltines Garden Salad	17 Fish Sandwich Emoji Fries Coleslaw Baked Beans
20 Taco Salad Bowl w/ Taco Bar Spicy Black Beans Whole Kernel Corn	21 Chicken & Rice Fresh Baked Roll Green Beans Seasoned Carrots	22 Spicy Chicken Tenders Garlic Toast Sweet Potato Fries Fresh Veggie w/ranch dip	23 Spaghetti w/ Meatballs Garlic Stick Garden Salad Corn 	24 Catfish Strips Golden Hushpuppies French Fries Coleslaw
27 Chicken Tacos w/ Taco Bar Refried Beans Whole Kernel Corn	28 Chicken Parmesan Breadstick Green Beans Seasoned Carrots	29 Country Fried Steak Fresh Baked Roll Creamy Potatoes w/gravy Lima Beans	30 Teriyaki Chicken w/ Rice Peppers & Onions English Peas	31 Fish Sandwich Emoji Fries Coleslaw Baked Beans

Additional options offered daily:

UL Express

Sloppy Joe French Fries Whole Kernel Corn	Cheeseburger Tater Tots/Lettuce & Tomato Veggie Choice	Crispy Chicken Sandwich French Fries/Lettuce & Tomato Veggie Choice	Philly Cheese Steak Sub Tater Tots Peppers & Onions	BBQ Sandwich Chips Baked Beans/Coleslaw
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UL Pizzeria

A variety of pizza offered daily at the UL Pizzeria

(Cheese Pizza, Pepperoni Pizza, Sausage Pizza and/or Stuffed Cheese Sticks w/ marinara sauce offered with Garden Salad and vegetable choices)

Knightway Grab-n-Go Deli

A VARIETY OF FRESH OPTIONS OFFERED DAILY FROM OUR GRAB-N-GO DELI

Garden Salad meals offered daily w/ Meat & Cheese options

Sandwich meals offered daily: PBJ Sandwich w/cheese stick OR Ham & Cheese Sub

(All deli options are served with crackers and/or chips.)



All lunch meals are served with fruit, vegetable, and milk options!

