

THOMASTON-UPSON SCHOOL NUTRITION

Upson-Lee Pre-K School

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> 	<p>4</p> <p>Popcorn Chicken Basket w/ Toast French Fries Carrots & Celery Sticks Fruit Choice</p>	<p>5 Grandparents Day Celebration</p> <p>Chicken Alfredo Garlic Bread Stick Steamed Broccoli Seasoned Carrots Fruit Choice</p>	<p>6</p> <p>Stuffed Cheese Sticks w/ Marinara Garden Salad Corn Fruit Choice</p>	<p>7</p> <p>Corndog Potato Smiles English Peas Blue Raz Lemonade</p>
	Kellogg's Poptarts & Fresh Fruit	Cereal Day & Fresh Fruit	Breakfast Donut & Fruit Juice	Trix Raspberry Yogurt w/ Granola & Fruit
<p>10</p> <p>Tater Tot Casserole Dinner Roll Lima Beans Corn Fruit Choice</p>	<p>11</p> <p>Hot Dog French Fries Calypso Crush Juice Fruit Choice</p>	<p>12</p> <p>Chicken & Rice Broccoli & Cheese Tropical Twist Juice Banana Pudding</p>	<p>13</p> <p>Beef Ravioli Garlic Bread Stick Garden Salad Fruit Choice</p> 	<p>14</p> <p>BBQ Sandwich Baked Beans Coleslaw Fruit Choice</p> 
Cinnamon Roll & Fruit Juice	Steak Biscuit & Fresh Fruit	Cereal Day & Fresh Fruit	Chicken Biscuit & Fruit Juice	"September Birthday Celebration" Breakfast Pizza & Fresh Fruit
<p>17</p> 	<p>18</p> <p>Sloppy Joe Green Beans Baby Carrot Sticks w/ dip Fruit Choice</p>	<p>19</p> <p>Vegetable Soup Grilled Cheese Sandwich Garden Salad Power Punch Juice Fruit Choice</p>	<p>20</p> <p>Beef Nachos Nacho Bar (lettuce/salsa/sour cream) Black Beans Fruit Choice</p>	<p>21</p> <p>Crispy Chicken Sandwich w/ lettuce & tomato Tater Tots Lima Beans Italian Ice Treat</p>
	Ham&Cheese Croissant & Fresh Fruit	Cereal Day & Fresh Fruit	Sausage Biscuit & Fruit Juice	Apple Frudel & Fresh Fruit
<p>24</p> <p>Popcorn Chicken Basket w/ Toast French Fries Carrots & Celery Sticks Fruit Choice</p>	<p>25</p> <p>Chicken Alfredo Garlic Bread Stick Steamed Broccoli Seasoned Carrots Fruit Choice</p>	<p>26</p> <p>Steak Nuggets Cornbread Creamy Potatoes w/ gravy Black-eyed Peas Fruit Choice</p>	<p>27</p> <p>Pepperoni Pizza Garden Salad Corn Fruit Choice</p>	<p>28</p> <p>Fish Sticks Hushpuppies Potato Smiles Dragon Punch Frozen Fruit Treat</p>
Pancake Pup \$ Fruit Juice	Kellogg's Poptarts & Fresh Fruit	Cereal Day & Fresh Fruit	Strawberry Bagel & Fruit Juice	Trix Yogurt w/ Granola & Fruit

All lunch meals are served with vegetable, fruit, and milk options. All breakfast meals are served with fresh fruit, fruit juice, and milk options.

