

# THOMASTON-UPSON SCHOOL NUTRITION

## Upson Lee Middle School & Upson Lee High School Breakfast Menu



### Knights Table "Hot" Breakfast

*Served daily in the cafeteria*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ham, Egg & Cheese Breakfast Bowl w/ Toast OR Chicken Biscuit	French Toast Sticks w/ sausage patty  OR Sausage Biscuit	Mini Sausage Bites Eggs & Grits w/ Toast OR Steak Biscuit  OR Egg & Cheese Biscuit	Pancakes & Sausage w/ fresh fruit topping  OR Chicken Biscuit	Breakfast Pizza OR Fresh Glazed Breakfast Donut OR Hot Ham & Cheese Croissant



### Grab-n-Go Express Breakfast

*A variety of options available daily on our Grab-N-Go Lines at each entrance location*



**Yogurt Parfaits, Poptart options, Assorted Cereal/Granola Bars, Apple Frudels,  
NutriGrain Bars, Assorted Breakfast Pastries, and various other options**

***All breakfast meals are served with fresh fruit, 100% fruit juice, and milk options.***

*"USDA is an equal opportunity provider and employer."*