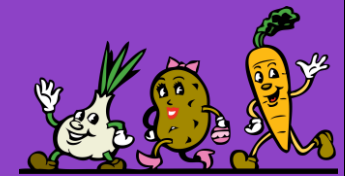




# THOMASTON-UPSON SCHOOL NUTRITION



## Upson-Lee Middle School August 2018 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Knight's Table Line</b>				
<b>6 First Day of School</b> BBQ Plate Loaf Bread <b>WELCOME BACK!!</b> Coleslaw Baked Beans	<b>7</b> Creamy Chicken Alfredo Breadstick Garden Salad Green Beans	<b>8</b> Crispy Chicken Sandwich French Fries Lettuce/Tomato Broccoli Florets w/ ranch dip	<b>9</b> Beef & Cheese Nachos w/ Nacho Bar Refried Beans  Mexican Corn	<b>10</b> Catfish Strip Basket Hushpuppies Tater Tots Sunset Sip Juice
<b>13</b> Sloppy Joe Chips Green Beans Calypso Crush Juice	<b>14</b> Philly Cheese Steak Sub Chips Onions & Peppers English Peas	<b>15</b> Country Fried Steak Fresh Baked Roll Creamy Potatoes w/ Gravy Collards	<b>16</b> Chicken Tacos Taco Bar Spicy Black Beans Mexican Corn	<b>17</b> Spicy Chicken Basket Toast French Fries Carrot Sticks w/ Ranch dip
<b>20</b> Cheeseburger w/ Lettuce & Tomato Emoji Potatoes Baked Beans	<b>21</b> Teriyaki Chicken Rice Peppers & Onions English Peas	<b>22</b> Crispy Chicken Sandwich Lettuce/Tomato French Fries Broccoli Florets w/ ranch dip	<b>23</b> Vegetable Soup Grilled Cheese Sandwich Sunset Sip Juice	<b>24</b> Catfish Strip Basket Hushpuppies Tater Tots Slaw Cups
<b>27</b> BBQ Plate Loaf Bread Coleslaw Baked Beans	<b>28</b> Creamy Chicken Alfredo Breadstick Garden Salad Green Beans	<b>29</b> Country Fried Steak Fresh Baked Roll Creamy Potatoes w/ Gravy Collards	<b>30</b> Beef & Cheese Nachos w/ Nacho Bar Refried Beans  Mexican Corn	<b>31</b> Spicy Chicken Basket Toast French Fries Carrot Sticks w/ Ranch dip
<b>Additional options offered daily:</b>				
<b>UL International Line</b>				
<u>Originated in France</u> Stuffed Cheese Stick w/ Marinara Garden Salad Whole Kernel Corn	<u>Originated in Italy</u> Spaghetti w/ breadstick Garden Salad English Peas/Green Beans	<u>Originated in Greece</u> Chicken Pot Pie Garden Salad Broccoli Florets/Collards	<u>Originated in North America</u> Baked Potato Bar w/ Chili, Cheese, & Crackers Garden Salad	<u>Originated in Italy</u> Pepperoni Pizza Garden Salad Carrot Sticks w/ Ranch dip
<b>Knight-way Grab-n-Go Deli</b>				
Garden Salad Entrée OR Chicken Wraps (Ranch/ Honey Mustard/ Caesar)	Tuna OR Chicken Salad Plate OR OR PBJ Uncrustable w/Cheese stick	Garden Salad Entrée OR OR Ham OR Turkey & Cheese Sandwich	Spinach Fruit Salad w/ Chicken OR OR PBJ Uncrustable w/Cheese stick	Garden Salad Entrée OR Chicken Wraps (Ranch/ Honey Mustard/ Caesar)
<b>All lunch meals are served with fruit, vegetable, and milk options!</b>				

