

# THOMASTON-UPSON SCHOOL NUTRITION

Upson-Lee High School

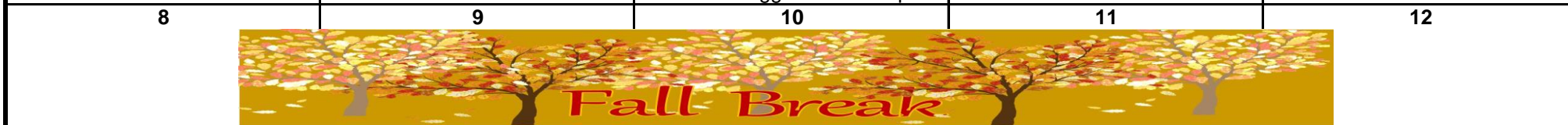


2018 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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## Knight's Table Line



<p><b>1</b></p> <p>Beef and Cheese Nachos w/ Nacho Bar Refried Beans Whole Kernel Corn</p>	<p><b>2</b></p> <p>Chicken &amp; Rice Fresh Baked Roll Green Beans Seasoned Carrots</p>	<p><b>3</b></p> <p>Spicy Chicken Tenders Garlic Toast Sweet Potato Fries Fresh Veggie w/ranch dip</p>	<p><b>4</b></p> <p>Spaghetti w/ Meatballs Garlic Stick Garden Salad Corn</p>	<p><b>5 "National Smile Day"</b></p> <p>Catfish Strips Mac-N-Cheese Potatoe Smiles Coleslaw</p> 
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## Celebrating National School Lunch Week

<p><b>15</b></p> 	<p><b>16</b></p> <p>Chicken Parmesan Breadstick Green Beans Seasoned Carrots</p>	<p><b>17</b></p> <p>Country Fried Steak Fresh Baked Roll Creamy Potatoes w/gravy Lima Beans</p>	<p><b>18</b></p> <p>Teriyaki Chicken w/ Rice Peppers &amp; Onions Lima Beans</p> 	<p><b>19</b></p> <p>Fish Sandwich Emoji Fries Coleslaw Baked Beans</p>
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<p><b>22</b></p> <p>Beef and Cheese Nachos w/ Nacho Bar Refried Beans Whole Kernel Corn</p>	<p><b>23</b></p> <p>Creamy Chicken Alfredo Garlic Bread Stick Steamed Broccoli Roasted Carrots</p>	<p><b>24</b></p> <p>Spicy Chicken Tenders Garlic Toast Sweet Potato Fries Fresh Veggie w/ranch dip</p>	<p><b>25</b></p> <p>Baked Potato Bar w/Chili &amp; Cheese Garden Salad Sunset Sip Juice</p>	<p><b>26 "Homecoming Tailgate Luncheon"</b></p> <p>Grilled Hotdogs Chips Calypso "Knight" Crush Juice Fruit Treat &amp; Cookie</p> 
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<p><b>29</b></p> <p>Chicken Tacos w/ Taco Bar Refried Beans Whole Kernel Corn</p>	<p><b>30 "Georgia Apple Day"</b></p> <p>Chicken &amp; Rice Fresh Baked Roll Green Beans Seasoned Carrots</p> 	<p><b>31</b></p> <p>Country Fried Steak Fresh Baked Roll Creamy Potatoes w/gravy Lima Beans</p>	
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## UL Express

<p>Sloppy Joe French Fries Whole Kernel Corn</p>	<p>Cheeseburger Tater Tots/Lettuce &amp; Tomato Veggie Choice</p>	<p>Crispy Chicken Sandwich Sweet Pot. Fries/Lettuce &amp; Tomato Veggie Choice</p>	<p>Philly Cheese Steak Sub Tater Tots Peppers &amp; Onions</p>	<p>BBQ Sandwich Chips Baked Beans/Coleslaw</p>
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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!

