



# THOMASTON-UPSON SCHOOL NUTRITION



## Upson-Lee Primary School August 2018 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Student Meal Prices</b> <b>NO CHARGE</b> (1 Breakfast/1 Lunch) <b>2nd Meal Prices</b> Breakfast: \$2.00 Lunch: \$3.50	<b>Visitor Meal Prices</b> Breakfast \$3.50 Lunch \$4.50			
<b>6 Welcome Back to School Cheeseburger</b> w/ Lettuce & Tomato Green Beans Baby Carrot Sticks Fruit Choice Cinnamon Roll OR Cheerios Bar	<b>7 Vegetable Soup</b> Grilled Cheese Sandwich Garden Salad Power Punch Juice Fruit Choice Ham & Cheese Croissant OR Poptarts	<b>8 Teriyaki Meatballs</b> w/ Rice English Peas Sunset Sip Juice Fruit Choice Cereal Choices	<b>9 Beef &amp; Cheese Nachos</b> Nacho Bar (lettuce/salsa/sour cream) Refried Beans Fruit Choice Sausage Biscuit OR Breakfast Pastry	<b>10 Crispy Chicken Sandwich</b> w/ lettuce & tomato Tater Tots Fresh Veggie Cup w/dip Italian Ice Treat Waffles OR Yogurt w/ Granola
<b>13 Popcorn Chicken Basket</b> w/ Toast French Fries Carrots & Celery Sticks Fruit Choice Pancake Pup OR Cocoa Puff Bar	<b>14 Chicken Alfredo</b> Garlic Bread Stick Steamed Broccoli Seasoned Carrots Fruit Choice Steak Biscuit OR Kellogg's Poptarts	<b>15 Steak Nuggets</b> Cornbread Creamy Potatoes w/ gravy Blackeyed Peas Fruit Choice Cereal Choices	<b>16 Cheese Pizza</b> Garden Salad Corn Fruit Choice Chicken Biscuit OR Breakfast Donut	<b>17 Fish Sandwich</b> Potato Smiles Dragon Punch Blue Raz Lemonade <i>"July &amp; August Birthday Celebration"</i> Breakfast Pizza OR Cini-Minis
<b>20 Little Smokies</b> Mac-N-Cheese Lima Beans Corn Fruit Choice Cinnamon Roll OR Trix Bar	<b>21 Breakfast for Lunch</b> <b>French Toast</b> Sausage Links Hashbrowns Bites Calypso Crush Juice Fruit Choice Ham & Cheese Croissant OR Poptarts	<b>22 Chicken &amp; Rice</b> Broccoli & Cheese Tropical Twist Juice Banana Pudding Cereal Choices	<b>23 Spaghetti</b> Garlic Bread Stick Garden Salad Fruit Choice Sausage Biscuit OR Breakfast Pastry	<b>24 BBQ Sandwich</b> Baked Beans Cucumber Slices w/ Dip Fruit Choice Waffles OR Yogurt w/ Rockin-Ola Granola
<b>27 Sloppy Joe</b> Green Beans Baby Carrot Sticks Fruit Choice Pancake Pup OR Cinnamon Toast Crunch Bar	<b>28 Chicken Noodle Soup</b> Grilled Cheese Sandwich Garden Salad Power Punch Juice Fruit Choice Steak Biscuit OR Kellogg's Poptarts	<b>29 Cheeseburger Mac</b> w/ Toast English Peas Sunset Sip Juice Fruit Choice Cereal Choices	<b>30 Beef &amp; Cheese Tacos</b> Taco Bar (lettuce/salsa/sour cream) Black Beans Fruit Choice Chicken Biscuit OR Breakfast Donut	<b>31 Crispy Chicken Sandwich</b> w/ lettuce & tomato Tater Tots Fresh Veggie Cup w/dip Italian Ice Treat Breakfast Pizza OR Cini-Minis

### Sandwich & Salad Line offered daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PBJ Uncrustable Sandwich	Ham or Turkey & Cheese Sandwich	PBJ Uncrustable Sandwich	Fresh Wraps (Ham, Chicken, or Turkey w/Cheese)	PBJ Uncrustable Sandwich

**Fresh Salad options offered daily with meat/cheese/cracker/etc.**

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

