





# THOMASTON-UPSON SCHOOL NUTRITION



## Upson-Lee High School May 2018 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Knights Table Line</b>				
	<b>1</b> Chili Mac Garlic Breadstick Steamed Broccoli Seasoned Carrots	<b>2</b> Country Fried Steak Roll Creamy Potatoes w/gravy Black-eyed Peas	<b>3</b> Spicy Chicken Basket Garlic Breadstick Tater Tots Veggie Sticks	<b>4</b> Hamburger Steak w/ gravy Roll Mac and Cheese English Peas
<b>7</b> Knight's Fiesta Special Steamed Broccoli Seasoned Carrots	<b>8</b> White Chili Soda Crackers Sunset Sip juice	<b>9</b> Chicken Parmesan Garlic Stick Side Salad Whole Kernel Corn	<b>10</b> Teriyaki Chicken w/ Rice Peppers & Onions English Peas	<b>11</b> Catfish Strips Golden Hushpuppies French Fries Green Beans
<b>14</b> Beef and Cheese Nachos w/ Nacho Bar Refried Beans Whole Kernel Corn	<b>15</b> Creamy Chicken Alfredo Garlic Bread Stick Steamed Broccoli Seasoned Carrots	<b>16</b> Country Fried Steak Fresh Baked Roll Creamy Potatoes w/gravy Black-eyed Peas	<b>17</b> Spicy Chicken Tender Basket Bread Stick Tater Tots Veggie Sticks	<b>18</b> Spaghetti w/ Meatballs Garlic toast Garden Salad Corn
<b>21</b> Chicken Tacos w/ Taco Bar Refried Beans Whole Kernel Corn	<b>22</b> Lemon Pepper Chicken Mac and Cheese Green beans	<b>23</b> Meatloaf Dinner roll Creamy Potatoes English peas	<b>24</b> Sloppy Joe Chips Coleslaw	<b>25 Last Day of School</b> PBJ Cheese stick Chips Fruit/ all lines 

### UL Express

Sloppy Joe French Fries Whole Kernel Corn	Cheeseburger Tater Tots/Lettuce & Tomato Veggie Choice	Chicken Sandwich French Fries/Lettuce & Tomato Veggie Choice	Philly Cheese Steak Sub Tater Tots Peppers & Onions	BBQ Sandwich Chips Baked Beans/Coleslaw
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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)*

### Knighway 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!**

*"This institution is an equal opportunity provider."*

