



# THOMASTON-UPSON SCHOOL NUTRITION



## Upson-Lee Alternative School August 2018 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Knight's Table Line</b>				
<b>6 Welcome Back to School</b> Chicken Tacos w/ Taco Bar Spicy Black Beans Whole Kernel Corn	<b>7</b> Cheeseburger Tater Tots Veggie options	<b>8</b> Spicy Chicken Tenders Garlic Toast Sweet Potato Fries Fresh Veggies w/ranch dip	<b>9</b> Teriyaki Chicken w/ Rice Peppers & Onions English Peas	<b>10</b> Catfish Strips Golden Hushuppies French Fries Coleslaw
<b>13</b> Sloppy Joe French Fries Whole Kernel Corn	<b>14</b> Creamy Chicken Alfredo Garlic Bread Stick Steamed Broccoli Roasted Carrots	<b>15</b> Crispy Chicken Sandwich French Fries Veggie Choice	<b>16</b> Baked Potato Bar w/Chili & Cheese Saltines Garden Salad	<b>17</b> Fish Sandwich Emoji Fries Coleslaw Baked Beans
<b>20</b> Taco Salad Bowl w/ Taco Bar Spicy Black Beans Whole Kernel Corn	<b>21</b> Chicken & Rice Fresh Baked Roll Green Beans Seasoned Carrots	<b>22</b> Spicy Chicken Tenders Garlic Toast Sweet Potato Fries Fresh Veggie w/ranch dip	<b>23</b> Spaghetti w/ Meatballs Garlic Stick Garden Salad Corn 	<b>24</b> Catfish Strips Golden Hushuppies French Fries Coleslaw
<b>27</b> Sloppy Joe French Fries Whole Kernel Corn	<b>28</b> Chicken Parmesan Breadstick Green Beans Seasoned Carrots	<b>29</b> Crispy Chicken Sandwich French Fries Veggie Choice	<b>30</b> Philly Cheese Steak Sub Tater Tots Peppers & Onions	<b>31</b> BBQ Sandwich Chips Baked Beans Coleslaw

