





# THOMASTON-UPSON SCHOOL NUTRITION

## Upson-Lee Alternative School 2018 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Knight's Table Line</b>				
<b>1</b> Sloppy Joe French Fries Whole Kernel Corn	<b>2</b> Chicken & Rice Fresh Baked Roll Green Beans Seasoned Carrots	<b>3</b> Spicy Chicken Tenders Garlic Toast Sweet Potato Fries Fresh Veggie w/ranch dip	<b>4</b> Personal Pan Pizza Garden Salad Corn	<b>5</b> BBQ Sandwich Chips Baked Beans Coleslaw
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
				
<b>Celebrating National School Lunch Week</b>				
<b>15</b> 	<b>16</b> Chicken Parmesan Breadstick Green Beans Seasoned Carrots	<b>17</b> Country Fried Steak Fresh Baked Roll Creamy Potatoes w/gravy Lima Beans	<b>18</b> Teriyaki Chicken w/ Rice Peppers & Onions Lima Beans	<b>19</b> Fish Sandwich Emoji Fries Coleslaw Baked Beans
<b>22</b> Beef and Cheese Nachos w/ Nacho Bar Refried Beans Whole Kernel Corn	<b>23</b> Creamy Chicken Alfredo Garlic Bread Stick Steamed Broccoli Roasted Carrots	<b>24</b> Spicy Chicken Tenders Garlic Toast Sweet Potato Fries Fresh Veggie w/ranch dip	<b>25</b> Personal Pan Pizza Garden Salad Sunset Sip Juice	<b>26 "Homecoming Tailgate Luncheon"</b> Grilled Hotdogs Chips Calypso "Knight" Crush Juice Fruit Treat & Cookie
<b>29</b> Chicken Tacos w/ Taco Bar Refried Beans Whole Kernel Corn	<b>30 "Georgia Apple Day"</b> Cheeseburger Tater Tots/Lettuce & Tomato Green Beans 	<b>31</b> Country Fried Steak Fresh Baked Roll Creamy Potatoes w/gravy Lima Beans		

All lunch meals are served with fruit, vegetable, and milk options!

