

THOMASTON-UPSON SCHOOL NUTRITION

Upson Lee Middle School & Upson Lee High School Breakfast Menu



Knights Table "Hot" Breakfast

Served daily in the cafeteria

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scrambled Egg & Cheese Breakfast Bowl w/ grits & toast OR Chicken Biscuit	French Toast Sticks w/ sausage patty OR Sausage Biscuit	Eggs and grits w/ toast OR Steak Biscuit	Chicken-N-Waffles OR Chicken Biscuit OR Fresh Baked Cinnamon Rolls	Breakfast Pizza OR Hot Ham & Cheese Croissant



Grab-n-Go Express Breakfast

A variety of options available daily on our Grab-N-Go Lines at each entrance location



**Yogurt Parfaits, Poptart options, Assorted Cereal/Granola Bars, Apple Frudels,
NutriGrain Bars, Assorted Breakfast Pastries, and various other options**

All breakfast meals are served with fresh fruit, 100% fruit juice, and milk options.

"USDA is an equal opportunity provider and employer."