



THOMASTON-UPSON SCHOOL NUTRITION



Upson-Lee Elementary School August 2018 Menu

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

