





THOMASTON-UPSON SCHOOL NUTRITION



Upson-Lee Middle School February 2018 Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| Knight's Table Line | | | | |
|  | | | | |
| | | | 1 Philly Cheese Steak Sub Tater Tots Peppers & Onions | 2 Chicken Nugget Basket w/ Toast Honey Mustard Sauce French Fries Sunset Sip Juice |
| 5 Sloppy Joe Tater Tots Whole Kernel Corn | 6 Vegetable Soup Grilled Cheese Sandwich Veggie Sticks Juice | 7 Spicy Chicken Sandwich French Fries Lettuce/Tomato Steamed Broccoli | 8 Teriyaki Meatballs w/ Rice Roll Peppers & Onions English Peas | 9 Chicken Pot Pie Biscuit Green Beans Corn |
| 12 Cheeseburger w/ Lettuce & Tomato French Fries Baked Beans | 13 Creamy Chicken Alfredo Breadstick Side Salad Seasoned Carrots | 14 Country Fried Steak Roll Creamy Potatoes w/ gravy Black-eyed Peas | 15 STUDENT HOLIDAY | 16 STUDENT HOLIDAY |
| 19 HOLIDAY | 20 Chicken & Rice Fresh Baked Roll Black-eyed Peas Seasoned Carrots | 21 Meatloaf Roll Creamy Potatoes Green Beans | 22 Philly Cheese Steak Sub Tater Tots Peppers & Onions | 23 Chicken Nugget Basket w/ Honey Mustard French Fries Veggie Sticks |
| 26 BBQ Sandwich French Fries Whole Kernel Corn | 27 Vegetable Soup Grilled Cheese Sandwich Veggie Sticks Sunset Sip Juice | 28 Spicy Chicken Sandwich French Fries Lettuce/Tomato Steamed Broccoli |  | |

Additional options offered daily:

UL International Line

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|---|--|--|---|--|
| Stuffed Cheese Sticks w/marinara Garden Salad Whole Kernel Corn | Homemade Brunswick Stew Grilled Cheese Sandwich Garden Salad | Beef & Cheese Nachos Nacho Bar Refried Beans | Baked Potato Bar w/ Chili & Cheese Garden Salad | Pizza Garden Salad Corn on the Cob |
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Knight-way 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 (Tues. & Thurs ONLY) OR Turkey & Cheese Sub or Wraps (Mon. Wed. & Fri.)

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."

