

September-2017



THOMASTON SCHOOL LUNCH
BLACKROCK SCHOOL



MILK \$.50

LUNCH \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>See Alternated Menu Entrée Choices Below</p>	<p>WE WILL BE SERVING BREAKFAST RIGHT OFF THE BUS IN THE CAFÉ \$1.50</p>	<p>30-Aug CHICKEN PATTIE ON A BUN WITH LETTUCE AND TOMATO PEAS FRUIT JUICE CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>31-Aug WARM SOFT PRETZEL CHOOSE 1 OR 2 CHEESE SAUCE, PEANUT BUTTER, STRING CHEESE, YOGURT STEAMED BROCCOLI CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>1-Sep STUFFED CRUST CHEESE PIZZA GARDEN SALAD CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>
<p>4 </p>	<p>5 CHICKEN NUGGETS BROWN RICE DIPPING SAUCES CARROTS CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>6 MINI PANCAKES WITH EGG PATTIE with melted CHEESE SYRUP OVEN ROASTED POTATOES FRUIT JUICE CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>7 SOFT SHELL BEEF TACO LETTUCE, TOMATO SWEET CORN CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>8 STUFFED CRUST CHEESE PIZZA GARDEN SALAD CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>
<p>11 CHICKEN TENDERS BUTTERED NOODLES DIPPING SAUCES CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>12 FRENCH TOAST STICKS SAUSAGE PATTIE, SYRUP OVEN BAKED POTATOES PUFFS FRUIT JUICE CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>13 PENNE PASTA WITH MEAT SAUCE GARLIC BREAD STEAMED BROCCOLI CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>14 PIZZA CRUNCHERS STEAMED GREEN BEANS FRUIT JUICE CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>15 STUFFED CRUST PIZZA GARDEN SALAD SALAD CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>
<p>18 POPCORN CHICKEN BITES MACARONI SALAD DIPPING SAUCES CORN CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>19 BOSCO STICKS MARINARA SAUCE FRUIT JUICE GREEN BEANS CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>20 BEEF NACHOS with CHEESE SAUCE STEAMED BROCCOLI CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>21 TO ALL AUGUST & SEPTEMBER BIRTHDAYS TOASTED CHEESE SANDWICH TOMATO SOUP Whole Grain Mini Rice Krispie Treat CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>22 STUFFED CRUST CHEESE PIZZA GARDEN SALAD CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>
<p>25 CHICKEN PATTIE ON A BUN WITH LETTUCE AND TOMATO PEAS FRUIT JUICE CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>26 HOT DOG ON A BUN BAKED BEANS FRUIT JUICE CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>27 WARM SOFT PRETZEL CHOOSE 1 OR 2 CHEESE SAUCE, PEANUT BUTTER, STRING CHEESE OR YOGURT STEAMED BROCCOLI CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>28 HAMBURGER or CHEESEBURGER ON A BUN OVEN BAKED FRIES FRUIT JUICE CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>	<p>29 STUFFED CRUST CHEESE PIZZA GARDEN SALAD CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY</p>

ADDITIONAL ENTREES SERVED DAILY

Choice #2 ASSORTED GRINDERS

Choice #3 Warm soft bagel, Cream Cheese, Fruited Yogurt, Cheese Stick,

Choice #4 CHEF SALAD - Assorted salad greens, turkey and cheese with a dinner roll and croutons

Choice of non-fat or low fat, white milk or non fat chocolate, non fat strawberry milk included with every meal.

COMPLETE EACH MEAL WITH YOUR CHOICE OF A COLORFUL ASSORTMENT OF HIGH FIBER, VITAMIN PACKED FRESH VEGGIES AND FRESH FRUIT OR CANNED FRUIT

choose one or two vegetables daily



choose one fruit daily



SUBSTITUTIONS MAY OCCUR

This institution is an equal opportunity provider

ICE-CREAM & FROZEN TREATS \$1.00

WATER \$1.00

HEALTHY SNACKS
\$1.00

BREAKFAST
\$1.50

Milk Serving 8oz. Breads are Whole Grain
Fruit and Vegetables portioned in 1/2 cup servings