

September-2017



THOMASTON SCHOOL LUNCH  
CENTER 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 <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> PEAS CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>	<p>31-Aug WARM SOFT PRETZEL CHOOSE 1 OR 2 CHEESE SAUCE, PEANUT BUTTER, STRING CHEESE OR YOGURT STEAMED GREEN BEANS CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>	<p>1-Sep STUFFED CRUST CHEESE PIZZA <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> GARDEN SALAD CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>
<p>4 </p>	<p>5 CHICKEN NUGGETS BROWN RICE DIPPING SAUCES <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> CARROTS CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>	<p>6 MINI PANCAKES WITH EGG PATTIE with melted CHEESE SYRUP &amp; FRUIT JUICE <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> OVEN ROASTED POTATOES CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>	<p>7 SOFT SHELL BEEF TACO LETTUCE, TOMATO <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> CORN CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>	<p>8 6" PERSONAL ROUND CHEESE PIZZA <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> ROMAINE CAESAR SALAD CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>
<p>11 CHICKEN TENDERS BUTTERED NOODLES DIPPING SAUCES <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> CARROTS CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>	<p>12 FRENCH TOAST STICKS SAUSAGE PATTIE, SYRUP FRUIT JUICE <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> OVEN BAKED POTATOES PUFFS CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>	<p>13 PENNE PASTA WITH MEAT SAUCE GARLIC BREAD <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> STEAMED BROCCOLI CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>	<p>14 PIZZA CRUNCHERS FRUIT JUICE <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> STEAMED GREEN BEANS CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>	<p>15 STUFFED CRUST CHEESE PIZZA <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> GARDEN SALAD CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>
<p>18 POPCORN CHICKEN BITES WARM DINNER ROLL DIPPING SAUCES <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> CORN CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>	<p>19 CORN DOG NUGGETS MACARONI SALAD FRUIT JUICE <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> BAKED BEANS CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>	<p>20 BEEF NACHOS with CHEESE SAUCE TORTILLA CHIPS <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> STEAMED BROCCOLI CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>	<p>21   TO ALL AUGUST &amp; SEPTEMBER BIRTHDAYS Whole Grain Mini Rice Krispie Treat <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> TOMATO SOUP CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>	<p>22 6" PERSONAL ROUND CHEESE PIZZA <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> GARDEN SALAD CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>
<p>25 CHICKEN PATTIE ON A BUN WITH LETTUCE AND TOMATO <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> STEAMED GREEN BEANS CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>	<p>26 HOT DOG ON A BUN FRUIT JUICE <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> BAKED BEANS CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>	<p>27 WARM SOFT PRETZEL CHOOSE 1 OR 2 CHEESE SAUCE, PEANUT BUTTER, STRING CHEESE OR YOGURT <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> STEAMED BROCCOLI CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>	<p>28 HAMBURGER or CHEESEBURGER ON A BUN FRUIT JUICE <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> OVEN BAKED FRIES CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>	<p>29 STUFFED CRUST CHEESE PIZZA <u>CHOOSE 1 FRUIT AND 2 VEGGIES</u> GARDEN SALAD CANNED FRUIT TRAY ASSORT FRESH VEG &amp; FRUIT TRAY</p>

<p><b>ADDITIONAL ENTREES SERVED DAILY</b> Choice #2 ASSORTED GRINDERS Choice #3 Bagel Box, 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.</p>		<p><b>SUBSTITUTIONS MAY OCCUR</b> <b>This institution is an equal opportunity provider</b></p>	
<p>ICE-CREAM &amp; FROZEN TREATS \$1.00</p>		<p>WATER \$1.00</p>	
<p><b>HEALTHY SNACKS \$1.00</b></p>		<p><b>BREAKFAST \$1.50</b></p>	
<p><b>Milk Serving 8oz. Breads are Whole Grain Fruit and Vegetables portioned in 1/2 cup servings</b></p>			

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

