




THOMASTON SCHOOL LUNCH

MILK \$.50
LUNCH \$3.00

Jan-18

HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Jan 	2-Jan <u>CHOOSE 1 ITEM</u> CHICKEN TENDERS WITH A BROWN RICE CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: GREEN BEANS CANNED FRUIT TRAY OR FRUIT JUICE	3-Jan <u>CHOOSE 1 ITEM</u> DELI BAR DAY: CHOOSE FROM TURKEY, BUFFALO CHICKEN, HAM, TUNA CHEESE, LETTUCE, TOMATO OR ONION KRISPY CHICKEN PATTI / BUN CHEF SALAD /CROUTONS & ROLL <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY	4-Jan <u>CHOOSE 1 ITEM</u> CALZONE MARINARA SAUCE CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY OR FRUIT JUICE	5-Jan <u>CHOOSE 1 ITEM</u> 6" PERSONAL ROUND PIZZA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY
8-Jan <u>CHOOSE 1 ITEM</u> POPCORN CHICKEN BITES BUTTERED NOODLES DIPPING SAUCES ASSORTED GRINDERS CHEF SALAD /CROUTONS & ROLL <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: PEAS CANNED FRUIT TRAY	9-Jan <u>CHOOSE 1 ITEM</u> HAMBURGER or CHEESEBURGER ON A BUN CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: OVEN BAKED FRIES CANNED FRUIT TRAY OR FRUIT JUICE	10-Jan <u>CHOOSE 1 ITEM</u> DELI BAR DAY: CHOOSE FROM TURKEY, BUFFALO CHICKEN, HAM, TUNA CHEESE, LETTUCE, TOMATO OR ONION PIZZA CRUNCHERS CHEF SALAD /CROUTONS & ROLL <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CARROTS CANNED FRUIT TRAY	11-Jan <u>CHOOSE 1 ITEM</u> FAJITA BUFFALO CHICKEN WRAP LETTUCE, TOMATO, CHEESE, SALSA BROWN RICE CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CORN CANNED FRUIT TRAY OR FRUIT JUICE	12-Jan <u>CHOOSE 1 ITEM</u> STUFFED CRUST PIZZA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY
15-Jan 	16-Jan <u>CHOOSE 1 ITEM</u> CHICKEN TENDERS WITH A BROWN RICE CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CARROTS CANNED FRUIT TRAY OR FRUIT JUICE	17-Jan <u>CHOOSE 1 ITEM</u> DELI BAR DAY: CHOOSE FROM TURKEY, BUFFALO CHICKEN, HAM, TUNA CHEESE, LETTUCE, TOMATO OR ONION CORN DOG NUGGETS CHEF SALAD /CROUTONS & ROLL <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BAKED BEANS CANNED FRUIT TRAY	18-Jan <u>CHOOSE 1 ITEM</u> CHILI CHEESE NACHOS CHILI, CHEESE and CHIPS CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY OR FRUIT JUICE	19-Jan <u>CHOOSE 1 ITEM</u> BUFFALO CHICKEN PIZZA OR FRENCH BREAD CHEESE PIZZA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY
22-Jan <u>CHOOSE 1 ITEM</u> MINI PANCAKES WITH SAUSAGE PATTIE CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: OVEN ROASTED POTATOES CANNED FRUIT TRAY	23-Jan <u>CHOOSE 1 ITEM</u> PASTA WITH MEAT SAUCE GARLIC BREAD CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: GREEN BEANS CANNED FRUIT TRAY OR FRUIT JUICE	24-Jan <u>CHOOSE 1 ITEM</u> DELI BAR DAY: CHOOSE FROM TURKEY, BUFFALO CHICKEN, HAM, TUNA CHEESE, LETTUCE, TOMATO OR ONION KRISPY CHICKEN PATTI / BUN CHEF SALAD /CROUTONS & ROLL <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY	25-Jan <u>CHOOSE 1 ITEM</u> CHICKEN & GRAVY BISCUIT CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: MASHED POTATOES CANNED FRUIT TRAY	26-Jan <u>CHOOSE 1 ITEM</u> STUFFED CRUST PIZZA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY
29-Jan <u>CHOOSE 1 ITEM</u> CHICKEN TENDERS WITH A BROWN RICE CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CORN CANNED FRUIT TRAY	30-Jan <u>CHOOSE 1 ITEM</u> BBQ RIB ON A BUN CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BAKED BEANS CANNED FRUIT TRAY OR FRUIT JUICE	31-Jan <u>CHOOSE 1 ITEM</u> DELI BAR DAY: CHOOSE FROM TURKEY, BUFFALO CHICKEN, HAM, TUNA CHEESE, LETTUCE, TOMATO OR ONION PIZZA CRUNCHERS CHEF SALAD /CROUTONS & ROLL <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY	1-Feb <u>CHOOSE 1 ITEM</u> CHEESE QUESADILLA WITH SALSA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY OR FRUIT JUICE	2-Feb <u>CHOOSE 1 ITEM</u> 6" PERSONAL ROUND PIZZA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS <u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY
COMPLETE EACH MEAL WITH YOUR CHOICE OF A COLORFUL ASSORTMENT OF HIGH FIBER, VITAMIN PACKED FRESH VEGGIES AND FRESH FRUITS, OR CANNED FRUIT OR JUICE.	CHOICE OF NON-FAT OR LOW FAT WHITE MILK OR NON FAT CHOCOLATE, NON FAT STRAWBERRY MILK	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER	choose one or two vegetables 	choose one or two fruits 