




## THOMASTON SCHOOL LUNCH HIGH SCHOOL



MILK \$.50  
LUNCH \$3.00

Nov-17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">30-Oct</p> <p><b>CHOOSE 1 ITEM</b> SOFT SHELL BEEF TACO LETTUCE, TOMATO, CHEESE, SALSA BROWN RICE CHEF SALAD /CROUTONS &amp; ROLL ASSORTED GRINDERS</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: CORN CANNED FRUIT TRAY</p>	<p style="text-align: right;">31-Oct</p> <p><b>CHOOSE 1 ITEM</b> HALLOWEEN CHICKEN NUGGETS BROWN RICE/ SAUCES CHEF SALAD /CROUTONS &amp; ROLL ASSORTED GRINDERS</p> <p style="text-align: center;"><b>HOLIDAY TREAT</b></p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: SWEET PEAS CANNED FRUIT TRAY OR FRUIT JUICE</p> 	<p style="text-align: right;">1-Nov</p> <p><b>CHOOSE 1 ITEM</b> <b>DELI BAR DAY: CHOOSE FROM</b> TURKEY, BUFFALO CHICKEN, HAM, TUNA CHEESE, LETTUCE, TOMATO OR ONION KRISPY CHICKEN PATTI / BUN CHEF SALAD /CROUTONS &amp; ROLL</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: GREEN BEANS CANNED FRUIT TRAY</p>	<p style="text-align: right;">2-Nov</p> <p><b>CHOOSE 1 ITEM</b> MOZZARELLA STICK MARINARA DIPPING SAUCE CHEF SALAD /CROUTONS &amp; ROLL ASSORTED GRINDERS</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p style="text-align: right;">3-Nov</p> <p><b>CHOOSE 1 ITEM</b> STUFFED CRUST PIZZA CHEF SALAD /CROUTONS &amp; ROLL ASSORTED GRINDERS</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY</p>
<p style="text-align: right;">6-Nov</p> <p><b>CHOOSE 1 ITEM</b> TERIYAKI CHICKEN NUGGETS BUTTERED NOODLES CHEF SALAD /CROUTONS &amp; ROLL ASSORTED GRINDERS</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: CORN CANNED FRUIT TRAY</p>	<p style="text-align: right;">7-Nov</p> <p><b>CHOOSE 1 ITEM</b> PASTA WITH MEAT SAUCE GARLIC BREAD CHEF SALAD /CROUTONS &amp; ROLL ASSORTED GRINDERS</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: GREEN BEANS CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p style="text-align: right;">8-Nov</p> <p><b>CHOOSE 1 ITEM</b> <b>DELI BAR DAY: CHOOSE FROM</b> TURKEY, BUFFALO CHICKEN, HAM, TUNA CHEESE, LETTUCE, TOMATO OR ONION PIZZA CRUNCHERS CHEF SALAD /CROUTONS &amp; ROLL</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: CARROTS CANNED FRUIT TRAY</p>	<p style="text-align: right;">9-Nov</p> <p><b>CHOOSE 1 ITEM</b> BOSCO STICKS MARINARA DIPPING SAUCE CHEF SALAD /CROUTONS &amp; ROLL ASSORTED GRINDERS</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p style="text-align: right;">10-Nov</p> 
<p style="text-align: right;">13</p> <p><b>CHOOSE 1 ITEM</b> CHICKEN NUGGETS BROWN RICE/ SAUCES CHEF SALAD /CROUTONS &amp; ROLL ASSORTED GRINDERS</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: CARROTS CANNED FRUIT TRAY</p>	<p style="text-align: right;">14</p> <p><b>CHOOSE 1 ITEM</b> HAMBURGER OR CHEESEBURGER ON A BUN CHEF SALAD /CROUTONS &amp; ROLL ASSORTED GRINDERS</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: OVEN BAKED FRIES CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p style="text-align: right;">15</p> <p><b>CHOOSE 1 ITEM</b> <b>DELI BAR DAY: CHOOSE FROM</b> TURKEY, BUFFALO CHICKEN, HAM, TUNA CHEESE, LETTUCE, TOMATO OR ONION CORN DOG NUGGETS CHEF SALAD /CROUTONS &amp; ROLL <b>CT GROWN APPLE</b></p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: BAKED BEANS CANNED FRUIT TRAY</p>	<p style="text-align: right;">16</p> <p><b>HOLIDAY MEAL</b> <b>CHOOSE 1 ITEM</b> ROASTED TURKEY &amp; GRAVY MASHED POTATOES DINNER ROLL CHEF SALAD /CROUTONS &amp; ROLL ASSORTED GRINDERS MINI APPLE PIE</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: PEAS CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p style="text-align: right;">17</p> <p><b>CHOOSE 1 ITEM</b> 6" PERSONAL ROUND PIZZA CHEF SALAD /CROUTONS &amp; ROLL ASSORTED GRINDERS</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY</p>
<p style="text-align: right;">20</p> <p><b>CHOOSE 1 ITEM</b> CHICKEN TENDERS WITH A WARM DINNER ROLL CHEF SALAD /CROUTONS &amp; ROLL ASSORTED GRINDERS</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: PEAS CANNED FRUIT TRAY</p>	<p style="text-align: right;">21</p> <p><b>CHOOSE 1 ITEM</b> CALZONE MARINARA SAUCE CHEF SALAD /CROUTONS &amp; ROLL ASSORTED GRINDERS</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p style="text-align: right;">22</p>  <p style="text-align: center;"><i>Happy Thanksgiving! To You And Your Family</i></p>	<p style="text-align: right;">23</p> 	<p style="text-align: right;">24</p> <p style="text-align: center; color: red;">There are 7,500 recognized varieties of apple today around the world. Apples grow only in temperate climates because they need a cold period in which to go dormant. Some trees can withstand temperatures down to -40 F.</p>
<p style="text-align: right;">27</p> <p><b>CHOOSE 1 ITEM</b> CHICKEN PATTIE / BUN CHEF SALAD /CROUTONS &amp; ROLL ASSORTED GRINDERS</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: CARROTS CANNED FRUIT TRAY</p>	<p style="text-align: right;">28</p> <p><b>CHOOSE 1 ITEM</b> TOASTED CHEESE SANDWICH CHEF SALAD /CROUTONS &amp; ROLL ASSORTED GRINDERS</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: TOMATO SOUP CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p style="text-align: right;">29</p> <p><b>CHOOSE 1 ITEM</b> <b>DELI BAR DAY: CHOOSE FROM</b> TURKEY, BUFFALO CHICKEN, HAM, TUNA CHEESE, LETTUCE, TOMATO OR ONION MACARONI AND CHEESE / GARLIC BREAD CHEF SALAD /CROUTONS &amp; ROLL <b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: GREEN BEANS CANNED FRUIT TRAY</p>	<p style="text-align: right;">30</p> <p><b>CHOOSE 1 ITEM</b> CHILI CHEESE NACHOS CHILI, CHEESE and CHIPS CHEF SALAD /CROUTONS &amp; ROLL ASSORTED GRINDERS</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p style="text-align: right;">1-Dec</p> <p><b>CHOOSE 1 ITEM</b> BUFFALO CHICKEN PIZZA OR FRENCH BREAD CHEESE PIZZA CHEF SALAD /CROUTONS &amp; ROLL ASSORTED GRINDERS</p> <p><b>CHOOSE 2 FRUITS AND 2 VEGGIES</b> ASSORT FRESH VEG &amp; FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY</p>
<p style="text-align: center; color: red; font-size: small;">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.</p>	<p style="text-align: center; color: blue; font-size: small;">CHOICE OF NON-FAT OR LOW FAT WHITE MILK OR NON FAT CHOCOLATE, NON FAT STRAWBERRY MILK</p>	<p style="text-align: center; font-size: small;">THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p>	choose one or two vegetables	choose one or two fruits