

Sep-17

THOMASTON SCHOOL LUNCH
HIGH SCHOOL

MILK \$.50
LUNCH \$3.00

MONDAY 28-Aug	TUESDAY 29-Aug	WEDNESDAY 30-Aug	THURSDAY 31-Aug	FRIDAY 1-Sep
	<p>WE WILL BE SERVING BREAKFAST RIGHT OFF THE BUS IN THE CAFE \$1.50</p>	<p><u>CHOOSE 1 ITEM</u> CHICKEN PATTIE ON A BUN CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY</p>	<p><u>CHOOSE 1 ITEM</u> SLOPPY JOE ON A BUN FRENCH BREAD PIZZA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS JUICE</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BAKED BEANS CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p><u>CHOOSE 1 ITEM</u> STUFFED CRUST PIZZA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CARROTS CANNED FRUIT TRAY</p>
		<p><u>CHOOSE 1 ITEM</u> CHICKEN TENDERS WITH A WARM DINNER ROLL CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: GLAZED CARROTS CANNED FRUIT TRAY</p>	<p><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</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY TOMATO AND CUCUMBER SALAD CANNED FRUIT TRAY</p>	<p><u>CHOOSE 1 ITEM</u> PASTA WITH MEAT SAUCE GARLIC BREAD CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY OR FRUIT JUICE</p>
<p><u>CHOOSE 1 ITEM</u> TERIYAKI CHICKEN BITES BROWN RICE AND A DINNER ROLL CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY</p>	<p><u>CHOOSE 1 ITEM</u> MINI PANCAKES SAUSAGE PATTIE & SYRUP CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS JUICE</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: OVEN ROASTED POTATOES CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p><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</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BAKED BEANS CANNED FRUIT TRAY</p>	<p><u>CHOOSE 1 ITEM</u> TOASTED CHEESE SANDWICH CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS JUICE</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: TOMATO SOUP CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p><u>CHOOSE 1 ITEM</u> FRENCH BREAD PIZZA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: GREEN BEANS CANNED FRUIT TRAY</p>
<p><u>CHOOSE 1 ITEM</u> BUFFALO CHICKEN WRAP CHICKEN FAJITA WRAP CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CORN CANNED FRUIT TRAY</p>	<p><u>CHOOSE 1 ITEM</u> CALZONE MARINARA SAUCE CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS JUICE</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: GREEN BEANS CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p><u>CHOOSE 1 ITEM</u> DELI BAR DAY: CHOOSE FROM TURKEY, BUFFALO CHICKEN, HAM, TUNA CHEESE, LETTUCE, TOMATO OR ONION HOT DOG ON A BUN CHEF SALAD /CROUTONS & ROLL</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BAKED BEANS CANNED FRUIT TRAY</p>	<p><u>CHOOSE 1 ITEM</u> CHILI CHEESE NACHOS CHILI, CHEESE and CHIPS CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS JUICE</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p><u>CHOOSE 1 ITEM</u> 6" PERSONAL ROUND PIZZA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CARROTS CANNED FRUIT TRAY</p>
<p><u>CHOOSE 1 ITEM</u> CHICKEN NUGGETS BROWN RICE/ SAUCES CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: SWEET PEAS CANNED FRUIT TRAY</p>	<p><u>CHOOSE 1 ITEM</u> SOFT SHELL BEEF TACO LETTUCE, TOMATO, CHEESE, SALSA BROWN RICE CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS JUICE</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CORN CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p><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</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: GREEN BEANS CANNED FRUIT TRAY</p>	<p><u>CHOOSE 1 ITEM</u> MOZZARELLA STICKS MARINARA DIPPING SAUCE CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS JUICE</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p><u>CHOOSE 1 ITEM</u> BUFFALO CHICKEN PIZZA OR CHEESE PIZZA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS</p> <p><u>CHOOSE 2 FRUITS AND 2 VEGGIES</u> ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CARROTS CANNED FRUIT TRAY</p>
<p>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>CHOICE OF NON-FAT OR LOW FAT WHITE MILK OR NON FAT CHOCOLATE, NON FAT STRAWBERRY MILK</p>	<p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p>	<p>choose one or two vegetables</p>	<p>choose one or two fruits</p>