

THOMASTON-UPSON SCHOOL NUTRITION

Upton Lee High School Breakfast Menu



Knight's Table "Hot" Breakfast

Served daily in the cafeteria



Alternating Weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Burrito w/ Salsa OR Chicken Biscuit	French Toast w/ Sausage	Steak Biscuit OR Sausage Biscuit	Breakfast Bowl	Biscuits w/ Gravy OR Pancakes w/ Sausage

Grab-n-Go Express Breakfast

A variety of options available daily on our Grab-N-Go Lines at each entrance location



Yogurt Parfaits, Poptart options, Assorted Cereal/Granola Bars, Apple Frudels, Multigrain Bars, Assorted Breakfast Pastries, and various other options.

All breakfast meals are served with fruit options, 100% fruit juice, and milk options.

Menu's are subject to change based on availability of items with distributors.

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