

Thrall High School

January 2019

Our menus are aligned with the USDA's
 "HealthierUS School Challenge".
 Locally grown items are offered whenever seasonally available.
 Low fat white and fat free chocolate milk

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Pancake on a Stick Pop Tarts	Muffins Apple Jack Cereal	Elvis Bread Pudding Frosted Flakes Cereal	Breakfast Plate Muffins	Breakfast Kolache Food Court Smoothie
Week 2	Pop Tarts Cereal	Sausage Pizza Strawberry Grahams	Chicken on a Bun Cinnamon Toast Cereal	Breakfast Plate Muffins	Breakfast Taco Yogurt

DAILY BREAKFAST CHOICES

Assorted Cereal Bar, Whole Grain Cereals, Fresh and Canned Fruit, 100% Apple or Fruit Juice & Low Fat or Fat Free Milk Variety

January 7 STUDENT HOLIDAY	January 8 Beef & Cheese Nachos Pepperoni Pizza Turkey Chef Salad Steamed Broccoli Applesauce Salad Mix Fresh Vegetable and Fruit	January 9 Fajita Chicken Quesadilla Pepperoni Pizza Fruit, Cheese & Yogurt Plate Beans Diced Pears Animal Crackers Salad Mix	January 10 BBQ Pork Rib Sandwich Cheese Burger Pepperoni Pizza Combo Sub Garden Salad Potato Wedges Mixed Fruit	January 11 Corn Dog Pizza Chicken Caesar Salad Mexican Black Beans Peaches Fresh Vegetables
January 14 Bean & Cheese Burrito Turkey Bacon Wrap Cheese Burger Applesauce Baby Carrots Salad Mix	January 15 BBQ Chicken Chicken Craisin Salad Wrap Dinner Roll Mashed Potatoes Pears Salad Mix	January 16 BBQ Pork Rib Sandwich Chicken Sandwich Pepperoni Pizza Potato Wedges Diced Peaches Animal Crackers	January 17 Taco Loco Popcorn Chicken Salad Zesty Italian Wrap Seasoned Beans Diced Peaches Salad Mix	January 18 Meatball Sub Pepperoni Pizza Chicken Caesar Salad Combo Sub Pineapple Tidbits Salad Mix
January 21 STUDENT HOLIDAY	January 22 Cheese Sticks Chicken Sandwich Pizza Turkey & Ham Sandwich Pears Salad Mix	January 23 Chicken Fajitas Pepperoni Pizza Yogurt & Wrap Spinach Salad Potato Spirals Mixed Fruit	January 24 Sweet & Sour Chicken Fiesta Frito Wrap Turkey Cranberry Flatbread Rice Pears Graham Crackers	January 25 Frito Chili Pie Popcorn Chicken Wrap Pizza Mixed Vegetables Corn Pineapple Chunks Salad Mix
January 28 Sloppy Joe on a Bun Spicy Chicken Sandwich Turkey & Ham Sandwich Garden Salad Corn Fresh Fruit	January 29 Cheese Sticks Pepperoni Pizza Greek Salad Vegetarian Beans Diced Pears	January 30 Egg Rolls & Fried Rice Popcorn Chicken Salad Garden Salad Chicken Sandwich Glazed Carrots Fresh Fruit	January 31 Cheeseburger Macaroni Pizza Fiesta Frito Wrap Dinner Roll Green Beans Fresh Fruit Salad Mix	February 1 Tamales & Chili Crispy Chicken Wrap Steam Mixed Vegetables Pineapple Graham Crackers Salad Mix

We will begin using a Food Based Menu planning System

Every meal will consist of five components: grains, meat/meat alternatives, fruit, vegetable, and milk. In order to be considered a "student meal", the student must select three of the five components. We encourage students to select all five components to receive a balanced meal.

Every high school student will be required to take 1 cup of fruit and/or vegetable each day to make a "student meal".

We follow a plan that is called offer vs. serve. Larger portions of vegetables and fruit will be available to those students who want them. The minimum amount that a student will have to take is 1 cup of a fruit, 1 cup of a vegetable or a combination of both.

Legumes will continue to be offered at least once a week. Legumes are from the bean/pea family, but they are not green beans or green peas! These include black beans, kidney beans and pinto beans. You may see these items offered as a southwest bean salad. Or, they may be part of an entrée, such as refried beans in a burrito.

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