

Thrall High School

December 2018

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	Cinnamon Roll Pop Tarts	Breakfast Bites Dino Bites Crackers	Cheese Toast Cheerio Bar	Sausage, Egg, Toast Muffin Top	Dutch Waffle Yogurt and Cereal
Week 2	Pancake on a Stick Strawberry Pop Tart	Breakfast Pizza Apple Jack Cereal	Cereal Bar Frosted Flakes Cereal	Breakfast Plate Muffin Top	Kolache Yogurt

DAILY BREAKFAST CHOICES

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

December 3 Bean & Cheese Burrito Hawaiian Pizza Bacon Cheese Burger Turkey & Yogurt Wrap Peaches Corn Salad	December 4 Potato Bowl Hawaiian Pizza Bacon Cheese Burger Dinner Roll Pears Salad Mix	December 5 Pasta Bake Hawaiian Pizza Bacon Cheese Burger Bread Sticks Animal Crackers Mixed Fruit Green Beans Salad Mix	December 6 Corn Dog Hawaiian Pizza Bacon Cheese Burger Popcorn Chicken Salad French Fries Vegetarian Beans Diced Peaches	December 7 Fiesta Taco Bar Rice Pico de Gallo Hawaiian Pizza Turkey Chef Wrap Chocolate Pudding Mixed Fruit Salad Mix
December 10 Chicken Nuggets & Gravy BBQ Pork Rib Sandwich Chicken, Bacon Ranch Pizza Dinner Roll Sliced Apples Pears Salad Mix	December 11 Cheese Sticks BBQ Pork Rib Sandwich Chicken, Bacon Ranch Pizza Turkey Chef Wrap French Fries Peaches Salad Mix	December 12 Fish Sandwich & Fries BBQ Pork Rib Sandwich Chicken, Bacon Ranch Pizza Turkey Club & Yogurt Fruit Mix Corn Salad Mix	December 13 Chili Hot Dog BBQ Pork Rib Sandwich Chicken, Bacon Ranch Pizza Graham Crackers Pineapple Tidbits Beans Salad Mix	December 14 Pasta Bar BBQ Pork Rib Sandwich Chicken, Bacon Ranch Pizza Peaches Green Beans Salad Mix
December 17 Chicken Nuggets & Fries Turkey & Ham Sandwich Taco Pizza Chicken Verde Sandwich Graham Crackers Pears	December 18 Chicken Fajita Wrap Cheese Burger Taco Pizza Chicken Verde Sandwich Peaches Salad Mix	December 19 American Sub Lasagna BLT Salad Taco Pizza Chicken Verde Sandwich Green Beans Sliced Apples	December 20 Cheese Burger Mac Taco Pizza Chicken Verde Sandwich Dinner Roll Pineapple Green Beans	December 21 EARLY DISMISSAL @ 12:00 P.M. Order Sack Lunch Early!
DECEMBER 24 STUDENT HOLIDAY	DECEMBER 25 STUDENT HOLIDAY	DECEMBER 26 STUDENT HOLIDAY	DECEMBER 27 STUDENT HOLIDAY	DECEMBER 28 STUDENT HOLIDAY
DECEMBER 31 STUDENT HOLIDAY	JANUARY 1 STUDENT HOLIDAY	JANUARY 2 STUDENT HOLIDAY	JANUARY 3 STUDENT HOLIDAY	JANUARY 4 STUDENT HOLIDAY
JANUARY 7 STUDENT HOLIDAY	JANUARY 8 REGULAR SCHOOL DAY	JANUARY 9 REGULAR SCHOOL DAY	JANUARY 10 REGULAR SCHOOL DAY	JANUARY 11 REGULAR SCHOOL DAY

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.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the *USDA Program Discrimination Complaint Form*, (AD-3027) found online at http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.