

Thrall High School

March 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	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 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

March 4 Corn Dog Turkey Bacon Wrap Potato Wedges Corn Salad Mix Applesauce	March 5 Chicken Potato Bowl Turkey Chef Salad Dinner Roll Salad Mix Pears	March 6 Chicken Enchilada Peppi Pizza Salad Rice Bread Stick Animal Crackers Salad Mix Diced Peaches	March 7 Steak Fingers & Gravy Popcorn Chicken Wrap Dinner Roll Green Beans Diced Peaches	March 8th Baked Potato & Chili Turkey & Ham Sub Bread Stick Green Beans Salad Mix Pineapple Tidbits
SPRING BREAK HOLIDAY	SPRING BREAK HOLIDAY	SPRING BREAK HOLIDAY	SPRING BREAK HOLIDAY	SPRING BREAK HOLIDAY
March 18 Chicken Nuggets & Roll Mashed Potatoes Turkey Bacon Wrap Broccoli Salad Mix Applesauce	March 19 Chicken Quesadilla Bacon Cheeseburger Chef Salad French Fries Salad Mix Pears	March 20 Bacon Cheeseburger Chicken Nachos Sandwich & Yogurt Plate Pinto Beans Salad Mix Peaches	March 21 Bacon Cheeseburger Egg Rolls & Rice Zesty Italian Wrap Glazed Carrots Salad Mix Pineapple	March 22 Fiesta Bar - Crispy Tacos Turkey Chef Salad Beans Salad Mix Pudding
March 25 BBQ Honey Dippers & Roll Crispy Chicken Wrap Mashed Potatoes Chicken Sandwich Garden Salad Applesauce	March 26 Cheese Sticks BBQ Rib Sandwich Ham & Cheese Sandwich Salad Mix Pears	March 27 BBQ Rib Sandwich Shake & Bake Chicken Wrap & Yogurt Potato Wedges Corn Salad Mix Mixed Fruit	March 28 Hot Dog Chef Salad Tater Tots Beans Salad Mix Peaches	March 29 Pasta Bar – Chicken Alfredo Green Beans Garlic Bread Garden Salad Peach Crisp

DAILY LUNCH CHOICES

Cheese Burger, Regular or Spicy Chicken Sandwich, Cheese or Pepperoni Pizza
 Fresh Fruit & Vegetables
 Slushies
 Low Fat or Fat Free Milk Variety

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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