

Thrall Elementary & MS

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	Pop Tarts	Sausage Biscuit Benefit Bars	Chicken on Bun Frosted Flakes Cereal	Breakfast Plate Muffin Top	Powder Donuts Cereal
Week 2	Pop Tarts Banana Bread	Sausage Pizza Cinnamon Grahams	Cereal Bar Cinnamon Toast Cereal	French Toast Glaze Muffin Top	Waffles 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 Pork Ribslets Chicken Nuggets w/Gravy Dinner Roll Bean & Cheese Burrito Turkey Bacon Wrap Green Beans Applesauce	December 4 Cheese Stuffed Breadsticks Chicken Fajita Wrap Chopped Beef Chicken Craisin Salad Wrap Corn Diced Pears	December 5 Hamburger Pizza Sticks Cheese Nachos Chef Salad French Fries Peaches	December 6 Baked Potato w/Chili Corn Dog Taco Loco Salad Zesty Italian Wrap Pinto Beans Mixed Fruit	December 7 Pizza Beef Fingers w/Gravy Dinner Roll Fish Sandwich Turkey Chef Salad Vegetarian Beans Pineapple
December 10 Pork Tamales Chicken Nuggets w/Gravy Dinner Roll Grilled Cheese Super Salad Mashed Potatoes Applesauce	December 11 Christmas Turkey Dinner Turkey & Dressing Dinner Roll Mashed Potatoes Green Beans Cranberry Sauce Fruit Salad	December 12 Chicken Quesadilla Beef Soft Tacos Hamburger Wrap and Yogurt Potato Wedges Peaches	December 13 Corn Dog Eggroll Burrito Turkey Chef Salad Corn Mixed Fruit	December 14 Pizza Fish & Chips Frito Pie Popcorn Chicken Wrap Pineapple Tidbits Vegetarian Beans
December 17 Chicken Nuggets w/Gravy Dinner Roll Chicken Soft Taco Ham & Cheese Sandwich Spaghetti w/Meat Sauce Mashed Potatoes Applesauce	December 18 Cheese Sticks Beef and Cheese Nachos Sloppy Joe Turkey Chef Salad Corn Pears	December 19 Hamburger Breakfast Bowl Beef Lasagna Popcorn Chicken Salad Potato Wedges Peaches	December 20 Enchilada Hot Dog Grilled Cheese Sandwich Turkey Chef Salad Vegetarian Beans Mixed Fruit	December 21 EARLY DISMISSAL at 12:00 Noon NO LUNCH SERVED Sack Lunch By Request Only
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.

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