

# Thrall High School

## May 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	Donuts 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

		<b>May 1</b> Baked Ziti Garlic Bread Pepperoni Pizza Cheese Burger Green Beans Salad Mix Watermelon	<b>May 2</b> Chicken Potato Bowl Cheese Burger Pepperoni Pizza Combo Sub Garden Salad Mixed Fruit	<b>May 3</b> Meat Ball Sub Pizza Chicken Caesar Salad Cheese Burger French Fries Peaches
<b>May 6</b> Cheese Lasagna Turkey Bacon Wrap Sausage Pizza Cheese Burger Green Beans Baby Carrots Salad Mix Applesauce	<b>May 7</b> Beef Nachos Pizza Cheese Burger Chicken Craisin Wrap Pinto Beans Pico de Gallo Salad Mix Pears	<b>May 8</b> Pork Rib Sandwich Cheese Burger Pepperoni Pizza Potato Wedges Garden Salad Animal Crackers Diced Peaches	<b>May 9</b> Quesadilla Pizza Hamburger Zesty Italian Wrap Vegetarian Beans Salad Mix Apple Slices	<b>May 10</b> Pizza Strips Pepperoni Pizza Chicken Caesar Salad Combo Sub Salad Mix Peaches
<b>May 13</b> Corn Dog Sub Combo Pinto Beans French Fries Salad Mix Peaches	<b>May 14</b> Cheese Sticks Chicken Sandwich Pizza Corn Salad Mix Pears	<b>May 15</b> Bean & Cheese Burrito Egg Rolls Cheese Pizza Fried Rice Salad Mix Mixed Fruit	<b>May 16</b> BBQ Sandwich Cheese Burger Pizza Pinto Beans Garden Salad Apple Sauce	<b>May 17</b> Roasted Chicken Cheese Pizza Sub Combo Mashed Potatoes Dinner Roll Green Beans Garden Salad
<b>May 20</b> MANAGER'S CHOICE	<b>May 21</b> MANAGER'S CHOICE	<b>May 22</b> MANAGER'S CHOICE	<b>May 23</b> SACK LUNCH Last Student Day of 2018-19 School Year	<b>May 24</b> STUDENT/STAFF HOLIDAY (Bad Weather 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 a 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](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](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.