

Thrall Elementary & MS

May 2018

Our menus are aligned with the USDA's "Healthier US 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	Muffin Top 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 Bar, Whole Grain Cereals, Fresh and Canned Fruit, 100% Apple or Fruit Juice & Low Fat or Fat Free Milk Variety

	May 1st Cheese Sticks Pork Sliders Quesadilla Chicken Spinach Pear Salad Peppi Salad Green Beans Pears	May 2nd Cheeseburger Chicken Nachos Pasta Alfredo Turkey Apple Pita Salad Mix Potato Spirals Peaches	May 3rd Baked Potato with Chili Corn Dog Taco Loco Salad Baked Beans Potato Wedges Peaches	May 4th Meatball Sub Pizza Crispy Beef Taco Pineapple Salad Mix
May 7th Chicken Nuggets Baked Ziti Chicken Tangerine Broccoli Salad Mix Applesauce	May 8th Cheese Sticks Lasagna Shepherd's Pie Cilantro Rice Salad Mix Pears	May 9th Cheeseburger Fish & Chips Shake & Bake Chicken Popeye Spinach Potato Wedges Salad Mix	May 10th Pulled Pork Taco Sweet & Sour Chicken Hot Dog Turkey Chef Salad Beans Peaches	May 11th Frito Chili Pie Pizza Fish Sandwich Pizza Salad Mix Rice Pilaf Pineapple Tidbits
May 14th Chicken Enchilada Bake Chicken Nuggets Spaghetti & Meatballs Mashed Potato Salad Mix Applesauce	May 15th Cheese Sticks Chicken Fajita Wrap Sloppy Joe Cornbread Salad Mix Pears	May 16th Cheese Burger Beef Lasagna Breakfast Plate Potato Wedges Chef Salad Peaches	May 17th Cheeseburger Mac Chili Dog Grilled Cheese Crispy Chicken Wrap Bread Sticks Black Beans Peaches	May 18th Parmesan Breaded Fish Pizza Tamales Turkey BLT Salad Chicken Caesar Wrap Dinner Roll Pineapple Chunks
May 21st MANAGER'S CHOICE	May 22nd MANAGER'S CHOICE	May 23rd MANAGER'S CHOICE	May 24th MANAGER'S CHOICE	

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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