

Thrall High School

April 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 a Stick Strawberry Pop Tart	Breakfast Pizza Apple Jacks Cereal	Cereal Bar Frosted Flakes Cereal	Breakfast Plate Muffin Top	Kolache 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 Varietv				
April 1 Smothered Burrito Corn Turkey & Ham Sub Applesauce Pizza Fresh Vegetables & Fruit Salad	April 2 Chicken Verde Sandwich Pizza Chicken Fajita Rice Pears Salad Mix Fresh Fruit & Vegetables	April 3 Beef Lasagna Green Beans Garlic Bread Stick Animal Crackers Popcorn Chicken Salad Diced Peaches Salad Mix Pizza	April 4 Cheeseburger Macaroni Dinner Roll Mixed Vegetables Salad Mix Turkey Chef Salad Pizza Mixed Fruit	April 5 Baked Potato Bar Bread Stick Salad Mix Steamed Broccoli Pineapple Tidbits Pizza Turkey & Ham Sub
April 8 Chicken Nuggets & Roll Potatoes & Gravy Salad Mix Turkey Bacon Wrap Pizza Applesauce	April 9 Cheese Sticks Vegetarian Beans Pizza Turkey Chef Salad Diced Pears	April 10 Taco Loco Salad Sausage Pizza Wrap & Yogurt Cheeseburger Salad Mix Fresh Fruit & Vegetables Peaches	April 11 Corn Dog Beans Potato Swirls Garden Salad Sliced Apples Fresh Fruit & Vegetables Pizza	April 12 Fish Sticks Macaroni & Cheese Bread Sticks Chicken Caesar Salad Cheese Pizza Fresh Fruit & Vegetables
April 15 Beef Nachos Pinto Beans Pizza Turkey Chef Salad Applesauce Salad Mix	April 16 Meatball Sub Cheeseburger Chicken Quesadilla Pizza Salad Mix Turkey & Cheese Sub Pears Animal Crackers	April 17 Cheese Pizza Chicken Pot Pie Combo Sub Salad Mix Fresh Fruit & Vegetables Mixed Fruit	April 18 Tamales w/Chili & Chips Pizza Potato Wedges Cheeseburger Pineapple Fresh Fruit & Vegetable Salad Mix	April 19 Pasta Bar – Chicken Spaghetti Green Beans Pudding Salad Mix Pizza Garlic Bread Fresh Fruit & Vegetables
April 22 Egg Rolls & Rice Bacon Cheeseburger Pizza Glazed Carrots Garden Salad Applesauce Turkey Bacon Wrap	April 23 Cheese Sticks French Fries Pizza Chicken Craisin Wrap Salad Mix Diced Pears Fresh Fruit & Vegetables	April 24 Spaghetti & Garlic Sticks Green Beans Pizza Animal Crackers Salad Mix Cheeseburger Mixed Fruit	April 25 Corn Dog Vegetarian Beans Tater Tots Pizza Salad Mix Zesty Italian Wrap Diced Peaches	April 26 Fiesta Bar - Chicken Tacos Beans Garden Salad Pineapple Tidbits Pizza Fresh Fruit & Vegetables
April 29 Baked Ziti Roll Green Beans Salad Mix Applesauce Pizza	April 30 Chicken Potato Bowl Pizza Pepperoni Pizza Salad Mix Mixed Fruit Turkey & Ham Combo Fresh Fruit & Vegetables	May 1 MANAGER'S SPECIAL	MAY 2 MANAGER'S SPECIAL	MAY 3 MANAGER'S SPECIAL

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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