

Thrall Elementary & MS

November 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	Cinnamon Roll Pop Tart	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 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

November 5 Beef & Chip Tamale Chicken Nuggets With Gravy Dinner Roll Grilled Cheese Season Green Beans Mandarin Oranges Super Salad	November 6 Breaded Cheese Sticks Beefy Macaroni Rice Dinner Roll BBQ Chicken Salad Club Sandwich Pears Corn Salad Mix	November 7 Cheeseburger Chicken Soft Taco Hot Dog Yogurt & Wrap Potato Spirals Salad Mix Broccoli Normandy Mixed Fruit	November 8 Corn Dog Sweet & Sour Chicken Hot Dog Rice Imperial Mixed Vegetables Fruit & Cheese Yogurt Plate Salad Mix	November 9 Frito Pie Pizza Fish & Chips Peas & Carrots Popcorn Chicken Wrap Pineapple Salad Mix
November 12 Spaghetti & Meatballs Garlic Sticks Chicken Nuggets & Gravy Beef Soft Taco Ham & Cheese Sandwich Salad Mix Pears Mashed Potatoes	November 13 Cheese Sticks Beef Nachos Chicken Verde Sandwich Corn Turkey Chef Salad Salad Mix Peaches	November 14 Beef Lasagna Dinner Roll Chicken Sandwich French Fries Green Beans Fruit Mix Salad Mix	November 15 Chili Hot Dog Chicken Enchilada Bake Grilled Cheese Turkey Chef Salad Vegetarian Beans Dinner Roll Peaches	November 16 Fish Sticks w/Mac & Cheese Rice Pilaf Chicken Teriyaki Pizza Chicken BLT Salad Salad Mix Pineapple Tidbits
November 19 HOLIDAY BREAK	November 20 HOLIDAY BREAK	November 21 HOLIDAY BREAK	November 22 HOLIDAY BREAK	November 23 HOLIDAY BREAK
November 26 Chicken Nuggets with Gravy Dinner Roll Mashed Potatoes Pork Tamales w/Chili and Chips Turkey Chef Salad Ravioli Mixed Fresh Vegetables Applesauce	November 27 Cheese Sticks Chicken Nachos Egg Rolls w/Rice Salad Mix Turkey & Ham Combo Pears	November 28 Cheeseburger Chicken Sandwich Breakfast Plate Super Salad Salad Mix Mixed Fruit Fries Combo Sub	November 29 Cheeseburger Macaroni Dinner Roll Chili Dog Beef Soft Taco Black Beans Salad Mix Peaches	November 30 Fish & Chips Pizza Chili without Beans Combread Salad Mix Beans Pineapple Mix Vegetables

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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