

# Thrall Elementary & MS

## January 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	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

<b>January 7</b>  <b>Student Holiday</b>	<b>January 8</b> Cheese Stuffed Breadsticks Chicken Fajita Wrap Chop Beef Turkey Bacon Wrap Carrots Diced Pears	<b>January 9</b> Hamburger Eggrolls Cheese Nachos Chef Salad French Fries Peaches	<b>January 10</b> Baked Potato with Chili Corn Dog Taco Loco Salad Zesty Italian Wrap Green Beans Mixed Fruit	<b>January 11</b> Pizza Beef Fingers w/ Gravy Dinner Roll Fish Sandwich Turkey Chef Salad Vegetarian Beans Pineapple
<b>January 14</b> Pork Tamales Chicken Nuggets w/Gravy Dinner Roll Grilled Cheese Super Salad Mashed Potatoes Applesauce	<b>January 15</b> Beefy Macaroni Cheese Sticks Bean and Cheese Burrito Ham and Cheese Sandwich Peas Pears	<b>January 16</b> Chicken Sandwich Beef Soft Tacos Hamburger Wrap and Yogurt Potato Wedges Peaches	<b>January 17</b> Mini Corn Dogs Chicken Quesadilla Chicken Fried Steak Sandwich Turkey Chef Salad Corn Mixed Fruit	<b>January 18</b> Pizza Fish Sandwich Frito Pie Popcorn Chicken Wrap Vegetarian Beans Pineapple Tidbits
<b>January 21</b>  <b>Student Holiday</b>	<b>January 22</b> Cheese Sticks Beef and Cheese Nachos Meatball Sub Chicken Fajita Wrap Corn Pears	<b>January 23</b> Hamburger Breakfast Bowl Beef Lasagna Popcorn Chicken Salad Potato Wedges Peaches	<b>January 24</b> Enchiladas Hot Dog Grilled Cheese Sandwich Turkey Chef Salad Green Beans Mixed Fruit	<b>January 25</b> Pizza Corn Dog Fish Sticks Ham and Cheese Sandwich Vegetarian Beans Pineapple
<b>January 28</b> Beef Enchiladas Chicken Nuggets Pizza Sticks Turkey Bacon Wrap Mashed Potatoes Applesauce	<b>January 29</b> Cheese Sticks Chicken Potato Bowl BBQ Beef Sandwich Zesty Italian Wrap Green Beans Pears	<b>January 30</b> Hamburger Sweet and Sour Chicken Turkey & Gravy w/Roll Chef Salad French Fries Peaches	<b>January 31</b> Chicken Sandwich Mini Corn Dogs Steak Finger w/Roll Pop Corn Chicken Wrap Carrots Mixed Fruit	<b>February 1</b> Pizza Baked Potato w/Chili Pasta Chicken Alfredo Turkey and Ham Sandwich Vegetarian Beans Mandarin Oranges

#### 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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