

Thrall Elementary & MS

October 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	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 Graham's	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

<p>October 1 Baked Ziti Chicken Nuggets Chicken Tangerine Rice Applesauce Super Salad Chicken Caesar Wrap</p>	<p>October 2 Breaded Cheese Sticks Lasagna Chicken Pot Pie BBQ Chicken Salad Cilantro Rice Pears</p>	<p>October 3 Cheeseburger Fish & Chips Fajita Taco Turkey Wrap & Yogurt Potato Spirals Salad Mix Peaches</p>	<p>October 4 Pulled Pork Sandwich Sweet & Sour Chicken Hot Dog Rice Peaches Fruit & Cheese Yogurt Plate Salad Mix</p>	<p>October 5 Frito Pie Pizza Fish & Chips Turkey Combo Sub Pineapple Salad Mix</p>
<p>OCTOBER 8 STUDENT HOLIDAY</p>	<p>October 9 Cheese Sticks Sloppy Joes BBQ Chicken Chicken Fajita Wrap Greek Salad Pears</p>	<p>October 10 Beef Lasagna Breakfast Plate Cheeseburger American Sub Potato Wedges Celery Sticks Salad Mix</p>	<p>October 11 Cheeseburger Mac Chili Hot Dog Grilled Cheese Turkey Chef Salad Vegetarian Beans Dinner Roll Peaches</p>	<p>October 12 Beef & Chip Tamales Rice Pilaf Fish & Chips Pizza Chicken Caesar Salad Salad Mix Pineapple Tidbits</p>
<p>October 15 Enchilada Bake Chicken Nuggets Pulled Pork Sandwich Turkey Bacon Wrap Broccoli Salad Mix Applesauce</p>	<p>October 16 Cheese Sticks Chicken Potato Bowl Cilantro Lime Chicken Salad Mix Turkey & Swiss Pinwheel Pears</p>	<p>October 17 Cheeseburger Taco Loco Salad Mac & Cheese Pasta Peaches Potato Wedges Spinach Pear Salad</p>	<p>October 18 Chicken Parmesan Mini Corn Dogs Steak Finger Chicken Craisin Wrap Beans Cauliflower Pears</p>	<p>October 19 Baked Potato Fish Sandwich Pizza Broccoli & Cheese Turkey & Ham Pita Salad Mix Pineapple Chunks</p>
<p>October 22 Beef & Cheese Nachos Chicken Nuggets Fish & Chips Sun butter & Jelly Sandwich Turkey Chef Salad Applesauce Mixed Fresh Vegetables</p>	<p>October 23 Cheese Sticks Chicken Tetrizzini Pork Stroganoff Salad Mix Turkey & Ham Combo Pears</p>	<p>October 24 Cheeseburger Breakfast Bowl Chicken Pot Pie Super Salad Mixed Fruit & Frozen Strawberry Fries Combo Sub</p>	<p>October 25 Chicken & Waffle BBQ Honey Dippers Hot Dog Crispy Chicken Wrap Black Beans Salad Mix Peaches</p>	<p>October 26 Chicken Spaghetti Pizza Chicken Fried Steak Turkey Bacon Wrap Salad Mix Pineapple Mix Vegetables</p>
<p>October 29 Bean & Cheese Burrito Chicken Nuggets Korean BBQ Chicken Mashed Potato Applesauce Peppi Salad</p>	<p>October 30 Cheese Sticks BBQ Pork Sandwich Chicken Fajita Bowl Chicken Craisin Salad Pears Corn</p>	<p>October 31 Cheeseburger Chicken Nachos Bacon Ranch Pasta Salad Fruit & Cheese & Yogurt Plate Peaches Potato Wedges Salad Mix</p>	<p>November 1 Baked Potato & BBQ Corn Dog Taco Loco Salad Seasoned Beans Salad Mix Turkey Apple Cheddar Pita Pineapple</p>	<p>November 2 Breaded Beef Fingers Cheese Pizza Fish & Chips Turkey Combo Sub Pears Salad Mix Toast & Margarine</p>

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.

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