

Thrall Elementary & MS

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	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

April 1 Chicken Nuggets Spaghetti w/Meat Sauce Chicken Enchilada Ham & Cheese Sandwich Mashed Potatoes Applesauce	April 2 Cheese Sticks Sloppy Joe Chicken Fajita Wrap Peppy Pizza Salad Corn Pears	April 3 Hamburger Chicken Quesadilla Chicken Patty Popcorn Chicken Salad French Fries Mixed Fruit	April 4 Hot Dog w/Chili Cheeseburger Macaroni Grilled Cheese Turkey Chef Salad Green Beans Peaches	April 5 Pizza Pop Corn Chicken Fish Sandwich Vegetarian Beans Crispy Chicken Wrap Pineapple
April 8 Chicken Nuggets Meatball Sub Tamales Turkey Bacon Wrap Mashed Potatoes Applesauce	April 9 Cheese Sticks Chicken Potato Bowl Burrito Turkey Chef Salad Corn Pears	April 10 Hamburger Taco Loco Wrap and Yogurt Baked Potato French Fries Mixed Fruit	April 11 Mini Corn Dogs Steak Fingers Hoagie Mac & Cheese Carrots Peaches	April 12 Pizza Chicken Quesadilla Fish Sticks Ham & Cheese Sandwich Vegetarian Beans Mandarin Oranges
April 15 Chicken Nuggets Beef and Cheese Nachos Chicken Quesadilla Pop Corn Chicken Wrap Mashed Potatoes Applesauce	April 16th Cheese Sticks Frito Pie Roasted Chicken Corn Chef Salad Pears	April 17 Hamburger Breakfast Bowl Pizza Sticks Peppy Pizza Salad French Fries Mixed Fruit	April 18 Chicken and Waffles Honey BBQ Pork Riblet Hot Dogs Crispy Chicken Wrap Green Beans Peaches	April 19 Student/Staff Holiday
April 22 Student/Staff Holiday	April 23 Cheese Sticks Chicken Fajita Bowl Egg Rolls Turkey and Bacon Wrap Corn Pears	April 24 Hamburger Spaghetti & Meatball Pancake Sausage Sandwich Pop Corn Wrap French Fries Mixed Fruit	April 25 Corn Dog Baked Potato w/Chili Taco Loco Chef Salad Peas Peaches	April 26 Pizza Steak Fingers Fish Sandwich Ham and Cheese Sandwich Vegetarian Beans Pineapple
April 29 Chicken Nuggets Grilled Cheese Sandwich Meatball Sub Pop Corn Salad Mashed Potatoes Applesauce	April 30 Cheese Sticks Beefy Macaroni Quesadilla Chicken Crispy Chicken Wrap Corn Pears			

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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