

Thrall Elementary & MS

March 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 Bars, Whole Grain Cereals, Fresh and Canned Fruit, 100% Apple or Fruit Juice, & Low Fat or Fat Free Milk Variety

March 4 Chicken Nuggets Egg Rolls BBQ Riblets Turkey & Bacon Wrap Mashed Potatoes Applesauce	March 5 Cheese Sticks Chicken Potato Bowl Roasted Chicken Turkey Chef Salad Corn Pears	March 6 Cheeseburger Beef & Cheese Burrito Sweet & Sour Chicken Peppy Pizza Salad French Fries Peaches	March 7 Mini Corndogs Chicken Fried Steak Breaded Chicken Sandwich Pop Corn Chicken Wrap Green Beans Pineapple	March 8 Pizza Fish Sticks Pasta Chicken Alfredo Ham & Cheese Sandwich Vegetarian Beans Mandarins
March 11 SPRING BREAK HOLIDAY	March 12 SPRING BREAK HOLIDAY	March 13 SPRING BREAK HOLIDAY	March 14 SPRING BREAK HOLIDAY	March 15 SPRING BREAK HOLIDAY
March 18 Chicken Nuggets Tamales Ravioli Turkey Bacon Wrap Mashed Potato Mixed Fruit	March 19 Cheese Sticks Chop Beef Sandwich Quesadilla Fajita Chicken Chef Salad Green Beans Pears	March 20 Cheeseburger Cheese Nachos Beefy Macaroni Hoagie French Fries Peaches	March 21 Taco Loco Salad Corn Dog Baked Potato w/Chili Zesty Italian Wrap Corn Applesauce	March 22 Pizza Meatball Sub Soft Tacos Turkey Chef Salad Vegetarian Beans Pineapples
March 25 Chicken Nuggets Pizza Sticks Crispy Chicken Wrap Macaroni & Cheese Mashed Potatoes Applesauce	March 26 Cheese Sticks Roasted Chicken Fajita Wrap Ham & Cheese Sandwich Peas Pears	March 27 Cheeseburger Mexican Lasagna Fish Sandwich Wrap & Yogurt French Fries Mixed Fruit	March 28 Hot Dog Waffle & Chicken Sweet & Sour Chicken Chef Salad Pinto Beans Peaches	March 29 Pizza Frito Pie Fish Sticks Pop Corn Chicken Wrap Vegetarian Beans Mandarins

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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