

Thrall Elementary & MS

September 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 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

September 3 HOLIDAY	September 4 Breaded Cheese Sticks Sloppy Joes BBQ Chicken Cornbread Greek Salad Mixed Fruit Corn	September 5 Cheeseburger Beef Lasagna Breakfast Plate Popcorn Chicken Salad Potato Spirals Salad Mix Peaches	September 6 Cheeseburger Mac Chili Dog Grilled Cheese Baked Beans Pears Fiesta Frito Wrap Salad Mix	September 7 Fish Sandwich Pizza Tamales Crispy Chicken Wrap Pineapple Salad Mix Rice Pilaf
September 10 Chicken Nuggets Chicken Enchilada Bake Pulled Pork Sandwich Green Beans Salad Mix Turkey Bacon Wrap Applesauce	September 11 Chicken Potato Bowl Cheese Sticks Chicken Cilantro Lime Rice Turkey & Swiss Pinwheels Salad Mix Pears	September 12 Cheeseburger Taco Loco Salad Macaroni & Cheese Spinach Pear Salad Potato Wedges Celery Sticks Salad Mix	September 13 Steak Fingers Mini Corn Dogs Chicken Parmesan Minnie Mouse Salad Chicken Craisin Wrap Mashed Potato Peaches	September 14 Broccoli & Cheese Baked Potato Fish & Chips Pizza Chicken Caesar Salad Salad Mix Turkey & Ham & Cheese Pita Pineapple Tidbits
September 17 Beef & Cheese Nachos Chicken Nuggets Fish Sandwich Rice Pilaf Salad Mix Applesauce	September 18 Cheese Sticks Chicken Tetrazzini Pork Stroganoff Turkey Chef Salad Animal Crackers Fruit & Cheese Yogurt Plate Pears	September 19 Cheeseburger Breakfast Bowl Chicken Pot Pie Peaches Potato Wedges Chef Salad Turkey & Cheese Combo	September 20 Chicken & Waffles BBQ Pork Dippers Hot Dog Chicken Caesar Salad Black Beans Cauliflower Pears	September 21 Chicken Fried Steak with Roll Chicken Spaghetti Pizza Green Beans Turkey BLT Salad Chicken Caesar Wrap Salad Mix Pineapple Chunks
September 24 Smothered Burrito Chicken Nuggets Chicken Teriyaki & Roll Fried Brown Rice Peppi Salad Applesauce	September 25 Cheese Sticks Chicken Quesadilla Pork Sliders Spinach Pear Salad Chicken Craisin Wrap Pears	September 26 Cheeseburger Chicken Nachos Pasta Alfredo Bake Super Salad Mixed Fruit Green Beans Turkey Apple Cheddar Pita	September 27 Taco Loco Salad Baked Potato with Chili Corn Dog Italian Wrap Pinto Beans Salad Mix Applesauce	September 28 Meat Ball Sub Pizza Crunchy Beef Taco Turkey Combo Sub Salad Mix Pineapple Corn
October 1 Baked Ziti Chicken Nuggets Chicken Tangerine Rice Applesauce Super Salad Chicken Caesar Wrap	October 2 Cheese Sticks Lasagna Chicken Pot Pie BBQ Chicken Salad Pears Cilantro Rice	October 3 Cheeseburger Fish & Chips Shake & Bake Chicken Turkey Wrap & Yogurt Peaches Potato Wedges Salad Mix	October 4 Pulled Pork Sandwich Sweet & Sour Chicken Hot Dog Rice Salad Mix Fruit & Cheese Yogurt Plate Peaches	October 5 Frito Pie Cheese Pizza Fish & Chips Turkey Combo Sub Pineapple Tidbits Salad Mix

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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