

Thrall Elementary & MS

May 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

		May 1 Hamburger Ham & Cheese Sandwich Manager's Choice French Fries Mixed Fruit	May 2 Hot Dogs Hoagie Manager's Choice Green Beans Pears	May 3 Pizza Manager's Choice Vegetarian Beans Salad Pineapple
May 6 Chicken Nuggets Wrap and Yogurt Manager's Choice Mashed Potatoes Peaches	May 7 Cheese Sticks Manager's Choice Corn Salad Mixed Fruit	May 8 Hamburger Turkey Bacon Wrap Manager's Choice French Fries Pears	May 9 Corn Dogs Ham & Cheese Sandwich Manager's Choice Green Beans Peaches	May 10 Pizza Manager's Choice Vegetarian Beans Salad Pineapple
May 13 Chicken Nuggets Zesty Italian Wrap Manager's Choice Mashed Potatoes Applesauce	May 14 Cheese Sticks Chef Salad Manager's Choice Corn Pears	May 15 Hamburger Crispy Chicken Wrap Manager's Choice French Fries Peaches	May 16 Hot Dogs Ham & Cheese Sandwich Manager's Choice Carrots Mixed Fruit	May 17 Pizza Turkey Chef Salad Manager's Choice Vegetarian Beans Salad Pineapples
May 20 Manager's Choice	May 21 Manager's Choice	May 22 Manager's Choice	May 23 SACK LUNCH Last Student Day of 2018-19 School Year	May 24 STUDENT/STAFF HOLIDAY (Bad Weather Day)

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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