

Thrall Elementary & MS

March 2018

Our menus are aligned with the USDA's
 "Healthier US 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

March 5th Chicken Nuggets Chicken Enchilada Bake Spaghetti & Meatballs Turkey & Bacon Wrap Applesauce Salad Mix	March 6th Cheese Sticks Sloppy Joes BBQ Chicken Thighs Chicken Fajita Wrap Pears Greek Salad	March 7th Cheeseburger Breakfast Plate Lasagna & Breadsticks Popcorn Chicken Salad Peaches Salad Mix	March 8th Cheeseburger Mac & Cheese Chili Dog Grilled Cheese Fiesta Frito Wrap Baked Beans Peaches Minnie Mouse Salad	March 9th Fish & Chips Pizza Tamales & Chili Rice Pilaf Pineapple Salad Mix
March 12th SPRING BREAK HOLIDAY	March 13th SPRING BREAK HOLIDAY	March 14th SPRING BREAK HOLIDAY	March 15th SPRING BREAK HOLIDAY	March 16th SPRING BREAK HOLIDAY
March 19th Beef & Cheese Nachos Chicken Nuggets Parmesan Fish Rice Pilaf Applesauce Salad Mix	March 20th Cheese Sticks Chicken Tetrazzini & Breadsticks Pork Stroganoff Fruit & Cheese Yogurt Plate Pears Salad Mix	March 21th Cheeseburger Breakfast Plate Chicken Pot Pie Turkey & Cheese Combo Fruit & Cheese Yogurt Plate Potato Wedges Chef Salad	March 22nd Chicken & Waffles BBQ Honey Dippers Hot Dog Breadsticks Black Beans Crispy Chicken Wrap Peaches	March 23rd Chicken Fried Steak Pizza Chicken Spaghetti Turkey BLT Salad Chicken Caesar Wrap Dinner Roll Pineapple Chunks
March 26 Smothered Burrito Chicken Teriyaki & Rice Chicken Nuggets Breadsticks Peppi Salad Broccoli Applesauce	March 27 Cheese Sticks Pork Sliders Quesadilla Spinach Pear Salad Corn Pears Garden Salad	March 28th Cheeseburger Pasta Alfredo Bake Chicken Nachos Super Salad Potato Spirals Mixed Fruit	March 29th Corn Dog Taco Loco Salad Potato with Chili Pinto Beans Corn Bread Salad Mix	March 30th STUDENT/STAFF HOLIDAY

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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