

Thrall HS

February 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

February 5th Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit	February 6th Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit	February 7th Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit	February 8th Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit	February 9th Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit
February 12th Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit	February 13th Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit	February 14th Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit	February 15th Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit	February 16th Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit
February 19th Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit	February 20th Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit	February 21st Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit	February 22nd Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit	February 23rd Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit
February 26th Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit	February 27th Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit	February 28th Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit	March 1st Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit	March 2nd Manager's Choice Cheese Burger Regular or Spicy Chicken Sandwich Pizza French Fries Fresh Fruit

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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