

# Thrall Elementary & MS

## April 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 Toash 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

<b>April 2nd</b> Chicken Nuggets Tamales Grilled Cheese Super Salad Green Beans Applesauce Salad Mix	<b>April 3rd</b> Cheese Sticks Beefy Macaroni Chicken Fajita Bowl Pears Cilantro Rice Southwestern Vegetables BBQ Chicken Salad	<b>April 4th</b> Cheeseburger Chicken Soft Taco Shake & Bake Chicken Popeye Salad Potato Spirals Salad Mix Peaches	<b>April 5th</b> Corn Dog Pulled Pork Taco Sweet & Sour Chicken & Rice Baked Beans Peaches Fiesta Frito Wrap Fruit & Cheese Yogurt	<b>April 6th</b> Fish Sandwich Pizza Frito Pie Salad Mix Pineapple Rice Pilaf
<b>April 9th</b> Chicken Nuggets Chicken Soft Taco Spaghetti & Meatballs Mashed Potatoes Salad Mix Applesauce	<b>April 10th</b> Beef & Cheese Nachos Cheese Sticks Sloppy Joe Corn Salad Mix Pears	<b>April 11th</b> Beef Lasagna & Breadstick Breakfast Plate Cheeseburger Popcorn Chicken Potato Wedges Salad Mix	<b>April 12th</b> Grilled Cheese Chili Dog Cheeseburger Mac & Cheese Turkey Chef Salad Beans Peaches	<b>April 13th</b> Chicken Teriyaki Mandarin Orange Rice Pizza Fish & Chips Salad Mix Roasted Cauliflower Pineapple Tidbits
<b>April 16th</b> Beef Enchiladas Chicken Nuggets Pulled Pork Sandwich Mashed Potatoes Salad Mix Applesauce	<b>April 17th</b> Cheese Sticks Chicken Potato Bowl Roasted Chicken Turkey Chef Salad Fruit & Cheese Yogurt Plate Pears	<b>April 18th</b> Cheeseburger Baked Ziti Chicken Lime Pasta Peaches Potato Wedges Chef Salad Turkey & Cheese Combo	<b>April 19th</b> Steak Fingers Chicken Sandwich Mini Corn Dog Breadsticks Black Beans Crispy Chicken Wrap Peaches	<b>April 20th</b> Broccoli & Cheese Baked Potato Pizza Fish Sandwich Turkey BLT Salad Chicken Caesar Wrap Dinner Roll Pineapple Chunks
<b>April 23rd</b> Cheese Ravioli Tamales w/Chili & Chips Chicken Nuggets Breadstick Peppi Salad Black Beans Applesauce	<b>April 24th</b> Cheese Sticks Chicken Nachos Roasted Turkey & Roll Spinach Pear Salad Corn Pears	<b>April 25th</b> Cheeseburger Pasta Alfredo Bake Pancake Sausage Sandwich Super Salad Mixed Fruit Tater Tots Turkey Combo Sub	<b>April 26th</b> Hot Dog Chicken Fried Steak Macaroni & Cheese Pinto Beans Salad Mix	<b>April 27th</b> Fish & Chips Pizza Chili with Beans Cornbread Salad Mix Pineapple Corn
<b>April 30th</b> Smothered Burrito Chicken Nuggets Chicken Teriyaki Rice Applesauce Salad Mix	<b>May 1st</b> Cheesesticks Pork Sliders Quesadilla Chicken Spinach Pear Salad Pears Peppi Salad Green Beans	<b>May 2nd</b> Cheeseburger Chicken Nachos Pasta Alfredo Turkey Apple Pita Peaches Potato Wedges Salad Mix	<b>May 3rd</b> Baked Potato with Chili Corn Dog Taco Loco Salad Pinto Beans Salad Mix Potato Wedges Peaches	<b>May 4th</b> Meatball Sub Cheese Pizza Crispy Beef Taco 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 1cup 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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