

# Thrall Elementary & MS

## 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

<b>February 5th</b> Chicken Nuggets BBQ Sandwich Broccoli Turkey & Bacon Wrap Applesauce Salad Mix	<b>February 6th</b> Cheese Sticks Chicken Sandwich Chicken Cilantro with Rice Pears Mixed Vegetables Salad Mix	<b>February 7th</b> Cheeseburger French Fries Taco Loco Salad Macaroni & Cheese Wrap & Yogurt Peaches	<b>February 8th</b> Steak Finger Mini Corn Dogs Chicken Parmesan Baked Beans Peaches Chicken Craisin Salad Minnie Mouse Salad	<b>February 9th</b> Turkey Chili Potato Pizza Fish Sandwich Turkey & Ham Pita Pineapple Salad Mix
<b>February 12th</b> Beef & Cheese Nachos Chicken Nuggets Fish Sticks Chef Salad Green Beans Salad Mix Applesauce	<b>February 13th</b> Cheese Sticks Egg Rolls Beef Stroganoff & Breadstick Ham & Cheese Sandwich Garden Salad Pears Animal Crackers Fruit & Cheese Yogurt Plate	<b>February 14th</b> Cheese Burger Chicken Patty Sandwich Chicken Quesadilla Potato Wedges Turkey Combo Corn Garden Salad Strawberries	<b>February 15th</b> Chicken & Waffles BBQ Pork Riblet Chili Dog Black Beans Crispy Chicken Wrap Chicken Caesar Salad Peaches	<b>February 16th</b> Chicken Fried Steak Pizza Chicken Spaghetti & Breadstick Herb Carrots Turkey BLT Salad Turkey Combo Sub Pineapple tidbits
<b>February 19th</b> Smothered Burrito Chicken Nuggets Chicken Teriyaki Rice Salad Mix Applesauce	<b>February 20th</b> Cheese Sticks BBQ Pork Sliders Quesadilla Spinach Pear Crunch Salad Chicken Craisin Wrap Pears	<b>February 21th</b> CheeseBurger Pasta Alfredo & Breadstick Chicken Patty Sandwich Fruit & Cheese Yogurt Plate Potato Wedges Chef Salad Turkey & Cheese Pita	<b>February 22nd</b> Potato with Chili Egg Rolls Taco Loco Salad Bread Sticks Pinto Beans Italian Wrap Peaches	<b>February 23rd</b> Meatball Sub Pizza Crispy Beef Taco & Rice Turkey Chef Salad Ham & Cheese Sub Dinner Roll Pineapple Chunks
<b>February 26</b> Baked Ziti Chicken Tangerine & Rice Chicken Nuggets Bread Stick Super Salad Broccoli Applesauce	<b>February 27</b> Cheese Sticks Lasagna Rice Turkey Club Sandwich Chicken Pot Pie Breadsticks Pears Garden Salad	<b>February 28th</b> Cheeseburger Shake & Bake Fish & Chips Super Salad Mixed Fruit Potato Spirals	<b>March 1st</b> Soft Beef Taco Sweet & Sour Chicken Rice Hot Dog Salad Mix Chicken Wrap Charro Beans Peaches	<b>March 2nd</b> Fish & Chips Frito Pie Pizza Corn Pineapple Popcorn Chicken Wrap 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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