

# December 2020

## THORNDALE ISD

### LUNCH



**School Information:** All Thorndale ISD students and community children 18 years old and younger receive FREE MEALS till the end of the school year on school days. Community children may pick up breakfast each day 7:30-8:30a and lunch 11:30a-12:30p. Contact Jeni Anders, Food Service Director [janders@thorndale.txed.net](mailto:janders@thorndale.txed.net) or 512-898-2030



**Nutrition Tip:** Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Reference: USDA MyPlate

### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

Breakfast- WG Pancakes **1**  
Fruit, Juice, Milk  
Lunch- Chili Cheese Nachos, Pinto Beans, Garden Salad, Fruit, Milk

Breakfast-Sausage on **2**  
WG Biscuit, Fruit, Juice, Milk  
Lunch- Chicken Fajitas, Lettuce, Tomatoes, Salsa, Refried Beans, Fruit, Milk

Breakfast – Breakfast **3**  
Pizza, Fruit, Juice, Milk  
Lunch- Chicken Drumstick, Baked Potato, Broccoli & Cheese, Roll, Fruit, Milk

Breakfast- WG Waffles, **4**  
Fruit, Juice, Milk  
Lunch- Beef Spaghetti, Garden Salad, Fresh Carrots w/ Ranch, Fruit, Milk

Breakfast- Oatmeal, **7**  
Scooby Grahams, Fruit, Juice, Milk  
Lunch- Pizza Dippers w/ Marinara, Steamed Squash, Fruit, Milk

Breakfast- WG **8**  
Cinnamon Roll, Fruit, Juice, Milk  
Lunch- Chicken Spaghetti, Breadstick, Italian Vegetables, Italian Salad, Fruit, Milk

Breakfast- Banana Bread, **9**  
Fruit, Juice, Milk  
Lunch- Beef Tacos, Lettuce, Tomatoes, Salsa, Charro Beans, Fruit, Milk

Breakfast – Yogurt Parfait, **10**  
Granola, Juice, Milk  
Lunch – Fish Sticks, Mac & Cheese, Green Beans, Cole Slaw, Fruit, Milk

Breakfast – WG Pancake or **11**  
Stick, Fruit, Juice, Milk  
Lunch- CF Steakburger, Lettuce, Tomatoes, Curly Fries, Fruit, Milk

Breakfast- WG French **14**  
Toast Sticks, Fruit, Juice, Milk  
Lunch- Salisbury Steak, Mashed Potatoes, Mixed Vegetables, WG Bread, Fruit, Milk

Breakfast – Confetti WG **15**  
Donut, Fruit, Juice, Milk  
Lunch – Tangerine Chicken, Fried Rice, Peas & Carrots, Sweet Corn, Fortune Cookie, Fruit, Milk

Breakfast – Chicken on a **16**  
WG Bun, Fruit, Juice, Milk  
Lunch- Pizza, Large Veggie Salad, Fruit, Milk

Breakfast- Manager's **17**  
Choice  
Lunch- Chili Cheese Dog, Tater Tots, Baked Beans, Fruit, Milk

Christmas Break **18**

Christmas Break **21**

Christmas Break **22**

Christmas Break **23**

Christmas Break **24**

Christmas Break **25**

Christmas Break **28**

Christmas Break **29**

Christmas Break **30**

Christmas Break **31**

