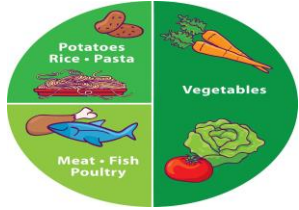


**CHITIMACHA
TRIBAL SCHOOL
MEALS
PROVIDE YOU WITH
HEALTHIER
CHOICES**



LET'S SEE HOW MANY DIFFERENT COLOR VEGETABLES YOU CAN EAT PER DAY!!!!

Our Salads are a combination of Spinach Romaine, Iceberg, Tomatoes, Purple Cabbage & Carrots

Our Stack of Trim is Iceberg Lettuce, Tomatoes, & Pickle Slices

Half the Grains we serve for Breakfast are Whole Wheat/Whole Grain. All the Grains serve at Lunch are Whole Wheat/Whole Grain.

WE SERVE A VARIETY OF MEATS EACH WEEK.

We serve Fresh and Can Fruits Weekly Also 100% Fruit Juices

CHOICE OF MILK SERVED DAILY WITH BREAKFAST AND LUNCH

17-Dec				
LUNCH				
menu				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1
				ham 2 oz. mac & chees 1/2 c green beans 1/2 c tossed salad 1/2 c fruit cup 1/2 c roll 2 oz milk 1 c
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
meatloaf 2 oz potatoes 1/2 c green peas 1/2c tossed salad 1/2c fruit cup 1/2c roll 2 oz milk 1 c	hamburgers 2 oz fries 1/2c salad cup 1/2c fruit cup 1/2c bun 2 oz milk 1 c	lasagna 2 oz corn 1/2c tossed salad 1/2c fruit cup 1/2c italian bread 2 oz milk 1c	hot dogs/chili 2 oz fries 1/2c tossed salad 1/2 c fruit cup 1/2c bun 2 oz milk 1 c	beef stew 2 oz. rice 1/2c green beans 1/2c fruit cup 1/2c tossed sadad 1/2c roll 2 oz milk 1 c
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
sausage spagetti 2 oz tossed salad 1/2c fruit cup 1/2c jello 1/4c italian bread 2 oz milk 1 c	chili fritos 2 oz ea cheese cup 1 oz tossed salad 1/2c fruit cup 1/2c milk 1 c	white beans sausage 2 oz rice 1/2c broccoli/cheese 1/2c tossed salad 1/2c cornbread 2 oz milk 1c	ham & cheese sandwich 2 oz tots 1/2c salad cup 1/2c pickles 1/4c fruit cup 1/2c bun 2 oz milk 1c	bbq chicken 2 oz cheesy potatoes 1/2c baked beans 1/2c tossed salad 1/2c fruit cup 1/2c italian bread 2 oz milk 1 c
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
country fried steak 2 oz mash potatoes 1/2c green beans 1/2c tossed salad 1/2c fruit cup 1/2c roll 2 oz milk 1c	sausage creole 2 oz rice 1/2 c broccoli chesse 1/2c tossed salad 1/2c fruit cup 1/2c italian bread 2 oz milk 1 c	jambalaya 2 oz/1c blackeye peas 1/2c tossed salad 1/2c fruit cup 1/2c roll 2 oz milk 1c	pizza 2 oz m/ma/b corn 1/2c tossed salad 1/2c fruit cup 1/2c cookie 1 milk 1c	CHRISTMAS HOLIDAY
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
MERRY CHRISTMAS	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY