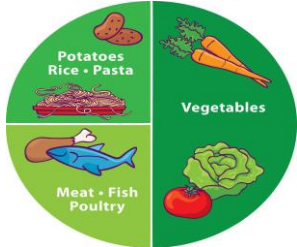


**GHITIMACHA  
TRIBAL SCHOOL**

**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 Fresh and Can Fruits Weekly  
Also 100% Fruit Juices

CHOICE OF MILK SERVED DAILY WITH  
BREAKFAST AND LUNCH

**JANUARY 2018 LUNCH**

MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
HAM 2OZ MAC & CHEESE 1/2C GREEN BEANS 1/2 C TOSSED SALAD 1/2C FRUIT CUP 1/2C ROLL 2OZ MILK 1C	COUNTRY FRIED STEAK 2OZ MASHED POTATOES 1/2C MIXED VEGETABLES 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2C ROLL 2 OZ MILK 1 C	SAUSAGE CREOLE 2OZ RICE 1/2C BROCCOLI/CHEESE 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2C ITALIAN BREAD 2OZ MILK 1 C	PIZZA 2OZ M/MA/B CORN 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2C COOKIE 1 MILK 1C	CHILI/BEANS 2OZ CARROT/CUCUMBER CUP 1/2C RANCH DRESSING 1OZ FRUIT CUP 1/2 C CRACKERS 2 EACH MILK 1 C
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
VEGETABLE BEEF SOUP 1 C GRILLED CHEESE SANDWICH 2OZ FRUIT CUP 1/2C CRACKERS 2 EACH JELLO 1/4 C MILK 1 C	JAMBALAYA 2OZ/ 1 C BLACKEYE PEAS 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2CC ROLL 2OZ MILK 1CC	CHICKEN NUGGETS 5 EA TOTS 1/2C CARROTS 1/2C STOSSED SALAD 1/2C FRUIT CUP 1/2C ROLL 2OZ MILK 1C	BEEF TACOS 2EA CHEESE 1OZ SALSA 1OZ SALAD CUP 1/2C CORN 1/2C COOKIE 1 MILK 1 C	RED BEANS/SAUSAGE2OZ RICE 1/2C WINTER BLEND 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C CORNBREAD 2OZ MILK 1C
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
CORN DOG 2OZ M/MA FRIES 1/2C TOSSED SALAD 1/2 C PORK-N-BEANS 1/2C FRUIT CUP 1/2C MILK 1C	CHICKEN PATTY 2OZ BUN 2OZ TOTS 1/2 C SALAD CUP 1/2C FRUIT CUP 1/2C PUDDING 1/2C MILK 1C	CHICKEN SAUSAGE GUMBO 1 C RICE 1/2C POTATO SALAD 1/4C GREEN BEANS 1/2C TOSSED SALAD 1/2C ROLL 2OZ MILK 1C	TAMALE PIE 2OZ CORN 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2C COOKIE 1 MILK 1C	TURKEY ROAST 2OZ GRAVY 1OZ MASHED POTATOES 1/2C GREEN BEANS 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2C ROLL 2OZ MILK 1C
MONDAY 29	TUESDAY 30	WEDNESDAY 31		
MEATLOAF 2OZ POTATOES 1/2C GREEN PEAS 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2C ROLL 2OZ MILK 1 C	HAMBURGERS 2OZ FRIES 1/2C SALAD CUP 1/2C PICKLES 1/4C FRUIT CUP 1/2C BUN 2OZ MILK 1C	HOT DOGS/CHILI 2OZ FRIES 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2 BUN 2OZ MILK 1C		

USDA IS AN EQUAL OPPORTUNITY PROVIDER

