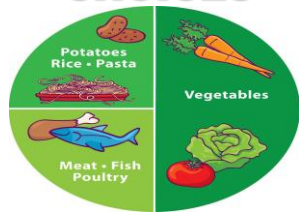


**CHITIMACHA
TRIBAL SCHOOL
MEALS
PROVIDE YOU WITH
MORE HEALTHIER
CHOICES**



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

WG=WHOLE GRAIN

CHOICE OF MILK SERVED DAILY WITH BREAKFAST AND LUNCH

Jan 6 -Feb 7				
LUNCH				
2020				
Monday Jan 6	Tuesday Jan 7	Wednesday Jan 8	Thursday Jan 9	Friday Jan 10
G Beef Spaghetti 2 oz. WG Noodles 1/2c Corn 1/2c Salad cup 1/2c Fruit cup 1/2c WG Roll 2 Oz. Fruit juice 1/2c Milk 1c	Corn Dogs 2oz. Tator Tots 1/2c Pork n Beans 1/2c Salad cup 1/2c Fruit cup 1/2c Milk 1c	Chicken/Sausage Jambalya 2oz. Blackeye Peas 1/2c Salad cup 1/2c Fruit cup 1/2c WG Roll 20z. Milk 1c	Chicken Nuggets 5 ea. Potato Fries 1/2c Salad cup 1/2c Fruit cup 1/2c Sliced Carrots 1/2c *Choc. Chip cookie 1 ea. Milk 1c	Beef/bean Chili 2oz Crackers 2 ea. Fruit cup 1/2c Cucumber/tomato cup Roll 2oz Fruit Juice 1/2c Milk 1c
Monday Jan 13	Tuesday Jan 14	Wednesday Jan 15	Thursday Jan 16	Friday Jan 17
Baked Ham 2oz Mac n Cheese 1/2c Mix Veg Blend 1/2c Salad cup 1/2c Fruit cup 1/2c Milk 1c Fruit juice 1/2c	Beef Steak Fingers Tator Tots 1/2c Green Beans 1/2c Salad Cup 1/2c Fruit cup 1/2c Roll 2 oz Milk 1c *Jello cup 1/2c	Salsibury Steak Mash potatoes/gravy Salad cup 1/2c Fruit cup 1/2c Roll 2oz Milk 1c	Chicken Soft Tacos Corn 1/2c Salsa cup 1/4c Cheese cup 1oz c Salad Trim 1/2c Fruit cup 1/2c Milk 1c	Chicken/Sausage Gumbo 2 oz Rice 1/2c Potato Salad 1/2c Fruit cup 1/2c Roll 2oz Milk 1c Fruit Juice 1/2c
Monday Jan 20	Tuesday Jan 21	Wednesday Jan 22	Thursday Jan 23	Friday Jan 24
Beef Nachos 2oz Nacho Cheese Corn on the cob 1 ea Salad cup 1/2c Fruit Cup 1/2c Fruit Juice 1/2c Milk 1c	Sausage Creole 2oz. Rice 1/2c Green Beans 1/2c Salad cup 1/2c Fruit cup 1/2c Roll 2oz Milk 1c	Beef a Roni 2oz Corn 1/2c Salad cup 1/2c Fruit cup 1/2c WG ROLL 2oz Milk 1c	Hamburgers 2oz HB Buns Tator Tots 1/2c Salad Trim 1/2c Pickle cup 1/4c Fruit cup 1/2c Milk 1c	Baked Chicken 2oz Dirty Rice 1/2c Pork n Beans 1/2c Salad cup 1/2c Fruit cup 1/2c WG Roll 2oz Fruit Juice 1/2c Milk 1c
Monday Jan 27	Tuesday Jan 28	Wednesday Jan 29	Thursday Jan 30	Friday Jan 31
Baked Fish Sticks White Beans 1/2c Rice 1/2c Salad cup 1/2c Fruit Cup 1/2c roll 2 oz. Fruit Juice 1/2c Milk 1c	Sloppy Joes 20z HB Buns 2oz Tator Tots 1/2c Corn 1/2c Salad cup 1/2c Fruit cup 1/2c Milk 1c	Veg/ Beef Soup 1/2 Grill Cheese sand. Salad cup 1/2c Fruit cup 1/2c crackers 2ea. Milk 1c *Choc. Pudding 1/4c	Red Beans/Sausage WG rice 1/2c Broccoli/Cheese 1/2c Salad cup 1/2c Fruit cup 1/2c WG Roll 2 oz Milk 1c	Meatball Stew 2oz Rice 1/2c Green Beans 1/2c Salad cup 1/2c Fruit cup 1/2c Roll 2oz Milk 1c Fruit Juice 1/2c
Monday Feb 3	Tuesday Feb 4	Wednesday Feb 5	Thursday Feb 6	Friday Feb 7
Beef Tips/Gravy Rice 1/2c Blackeye Peas 1/2c Salad cup 1/2c Fruit cup 1/2c roll 2 oz. Fruit Juice 1/2c Milk 1c	Chicken Patty Burger HB Buns 2oz French Fries 1/2c Salad Trim 1/2c Fruit cup 1/2c Milk 1c	Beef / Noodle Stroganoff 2oz. Green Beans 1/2c Salad cup 1/2c Fruit cup 1/2c WG Roll 2oz Milk 1c	Beef Taco Soup Corn Chips 2oz Salad cup 1/2c Fruit cup 1/2c WG Roll 2 oz Milk 1c	Pepp. Pizza Corn 1/2c Salad cup 1/2c Fruit cup 1/2c *Cookie 1 ea. Fruit Juice 1/2c Milk 1c

