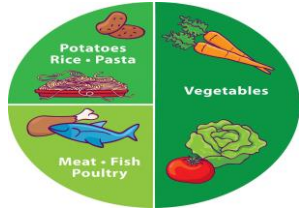


**CHITIMAGHA TRIBAL  
SCHOOL MEALS  
PROVIDE YOU WITH  
MORE HEALTHIER  
CHOICES**



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  
HALF THE GRAINS WE SERVE FOR LUNCH are Whole Wheat/Whole Grain.

FRESH AND CANNED FRUIT SERVED DAILY for Breakfast and Lunch

Choice of 100% Juice and Milk Served Daily for Breakfast

CHOICE OF MILK FOR LUNCH

WG=WHOLE GRAIN

JAN21-FEB 22

LUNCH

<b>MONDAY JAN 21</b> SASBURY STEAK 2OZ MASH POTATOES 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C ROLL 2OZ MILK 1C JUICE 1/2C	<b>TUESDAY JAN 22</b> CHICKEN NUGGETS FRIES 1/2C CARROTS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C ROLL 2OZ MILK 1C	<b>WEDNESDAY JAN 23</b> JAMBALYA 2 OZ BLACKKEY PEAS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C ROLL 2 OZ MILK 1C	<b>THURSDAY JAN 24</b> PEPP. PIZZA CORN 1/2C SALAD CUP 1C FRUIT CUP 1/2C COOKIE 1 MILK 1C	<b>FRIDAY JAN 25</b> HAM 2OZ CHEESY POTATOES GREEN BEANS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C ROLL 2 OZ MILK 1C JUICE 1/2C
<b>MONDAY JAN 28</b> SAUSAGE CREOLE 2OZ. WG RICE 1/2C CORN 1/2C SALAD CUP 1/2C ROLL 2OZ FRUIT CUP 1/2C MILK 1C JUICE 1/2C	<b>TUESDAY JAN 29</b> FISH STICKS 2 OZ. MAC N CHEESE 1/2C BROCCILI 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C ROLL 2OZ MILK 1C	<b>WEDNESDAY JAN 30</b> SLOPPY JOES 2OZ WG BUNS 2OZ TOTS 1/2C SALAD TRIM 1/2C FRUIT CUP 1/2C MILK 1C CHOC PUDDING 1/4C	<b>THURSDAY JAN 31</b> BEEF STROGNOFF GREEN BEANS 1/2C SALAD CUP 1C FRUIT CUP 1/2C ROLL 2 OZ. MILK 1C	<b>FRIDAY FEB 1</b> HAM N CHEESE SANDWICH 2OZ. BAG OF CHIPS 10Z. SALAD TRIM 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C
<b>MONDAY FEB 4</b> BBQ PORK CHOPS PORK N BEANS SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 2 OZ. JUICE 1/2C MILK 1C	<b>TUESDAY FEB 5</b> BEEF NACHOS 2OZ. NACHO CHIPS 10Z. CORN 1/2C STACK OF TRIM 1/2C CHEESE SAUCE 10Z. FRUIT CUP 1/2C MILK 1C	<b>WEDNESDAY FEB 6</b> CORN DOG 2OZ FRIES 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C CARROTS 1/2C MILK 1C	<b>THURSDAY FEB 7</b> BEEF SPAGETTI 2OZ. CORN 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 2OZ. MILK 1C	<b>FRIDAY FEB 8</b> PIG N BLANCKET 2 OZ TOTS 1/2C GREEN PEAS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C
<b>MONDAY FEB 11</b> BEEF TACOS 2 OZ CORN 1/2C CHEESE CUP 10Z. SALSA CUP 10Z. STACK OF TRIM 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C	<b>TUESDAY FEB 12</b> RED BEANS/SAUSAGE WG RICE 1/2C CANDIED YAMS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 2 OZ MILK 1C JELLO 1/4C	<b>WEDNESDAY FEB 13</b> BEEF LASAGNA 2OZ. CARROTS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 2OZ. MILK 1C	<b>THURSDAY FEB 14</b> CHEESEBURGERS 2OZ WG BUNS 2OZ TOTS 1/2C STACK OF TRIM 1/2C FRUIT CUP 1/2C MILK 1C	<b>FRIDAY FEB 15</b> CHICKEN/SAUSAGE GUMBO 2OZ WG RICE 1/2C POTATO SALAD 1/2C WG ROLL 2OZ FRUIT CUP 1/2C MILK 1C JUICE 1/2C
<b>MONDAY FEB 18</b> CHICKEN PATTY 2 OZ WG BUNS 2OZ FRIES 1/2C STACK OF TRIM 1/2C FRUIT CUP 1/2C milk 1C juice 1/2C	<b>TUESDAY FEB 19</b> BEEF A RONI 2OZ BLACKKEY PEAS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 2OZ. MILK 1C	<b>WEDNESDAY FEB 20</b> STEAK FINGERS 2OZ MASH POTATOES WINTERBLEND 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 2OZ MILK 1C	<b>THURSDAY FEB 21</b> HOT DOGS/CHILI 2OZ TOTS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG HD BUN 2OZ MILK 1C	<b>FRIDAY FEB 22</b>      MANGERS CHOICE  MILK 1C JUICE 1/2C