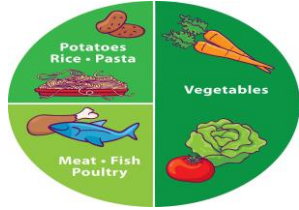


**CHITIMACHA  
TRIBAL SCHOOL  
MEALS  
PROVIDE YOU WITH  
MORE HEALTHIER  
CHOICES**



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

NOV 12-DEC14		LUNCH		2018-2019	
MONDAY NOV12	TUESDAY NOV 13	WEDNESDAY NOV 14	THURSDAY NOV 15	FRIDAY NOV 16	
TURKEY ROAST 20Z MASH POTATOES1/2C GREEN BEANS1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 2 OZ. MILK 1C JUICE 1/2C	CHICKEN NUGGETS 20Z TOTS 1/2C CARROTS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C	JAMBALA 2 OZ BLACKEYE PEAS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C	PEPPERONI PIZZA 20Z CORN 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C CARROT STICKS 1/2C MILK 1C COOKIE 1 EA.	BAKED HAM 20Z MAC N CHEESE 1/2C GREEN BEANS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C JUICE 1/2C	
MONDAY NOV 19	TUESDAY NOV 20	WEDNESDAY NOV 21	THURSDAY NOV 22	FRIDAY NOV 23	
OFF	OFF	THANKSGIVING	HOLIDAY	OFF	
MONDAY NOV 26	TUESDAY NOV 27	WEDNESDAY NOV 28	THURSDAY NOV 29	FRIDAY NOV 30	
BEEF STROGNOFF20Z GREEN BEANS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 2 OZ. MILK 1C JUICE 1/2C	CORN DOGS 20ZM/MA FRIES 1/2C SALAD CUP 1/2C PORK N BEANS 1/2C FRUIT CUP 1/2C MILK 1C	SAUSAGE CREOLE 20 WG RICE 1/2C BROCCOLI/CHEESE 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C	BEEF NACHOS20Z NACHO CHIPS 10Z CORN 1/2C STACK OF TRIM 1/2C CHEESE SAUCE 10Z FRUIT CUP 1/2C MILK 1C	PIG N BLANKET 20Z CHEESY POTATOES 1/2C GREEN PEAS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C	
MONDAY DEC 3	TUESDAY DEC 4	WEDNESDAY DEC 5	THURSDAY DEC 6	FRIDAY DEC 7	
BEEF TACOS 2 EA. CORN 1/2C CHEESE CUP 10Z SALSA CUP 10Z STACK OF TRIM 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C	RED BEANS/SAUAGE 1/2 RICE 1/2C CANDIED YAMS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C MILK 1C JELLO CUP 1/4C WG ROLL 20Z	BEEF LASAGNA 20Z CARROTS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C	HAMBURGERS 20Z WG BUNS 20Z TOTS 1/2C STACK OF TRIM 1/2C FRUIT CUP 1/2C MILK 1C COOKIE 1 EA.	CHICKEN/SAUAGE GUMBO 20Z WG RICE 1/2C POTATO SALAD 1/2C WG ROLL 20Z FRUIT CUP 1/2C MILK 1C JUICE 1/2C	
MONDAY DEC 10	TUESDAY DEC 11	WEDNESDAY DEC 12	THURSDAY DEC 13	FRIDAY DEC 14	
CHICKEN PATTY 20Z WG BUNS 2 OZ TOTS 1/2C STACK OF TRIM 1/2C FRUIT CUP 1/2C CHOC PUDDING 1/2C MILK 1C JUICE 1/2C	Beef a Roni 2oz corn 1/2c SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C	BEEF STEAK FINGERS 20Z MASH POTATOES 1/2C WINTERBLEND 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C	HOT DOGS/CHILI 20Z FRIES 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG HD BUN 20Z MILK 1C	MANAGERS CHOICE  MILK1C JUICE 1/2C	



**B**