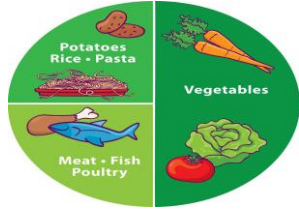


**CHITIMACHA
TRIBAL SCHOOL
MEALS
PROVIDE YOU WITH
MORE HEALTHIER
CHOICES**



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

OCT 08 --NOV 09		LUNCH		2018-2019	
MONDAY OCT 8	TUESDAY OCT 9	WEDNESDAY OCT 10	THURSDAY OCT 11	FRIDAY OCT 12	
SALSURY STEAK 2 OZ. 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.	OFF FALL BREAK	
MONDAY OCT 15	TUESDAY OCT 16	WEDNESDAY OCT 17	THURSDAY OCT 18	FRIDAY OCT 19	
OFF FALL BREAK	SLOPPY JOES 20Z WG BUNS 20Z TOTS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C MILK 1C CHOC PUDDING 1/4C	FISH STICKS 20Z WG mac n cheese1/2c SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C	HAM N CHEESE SANDWICH 20Z BAG OF CHIPS 10Z OR TOTS STACK OF TRIM 1/2C FRUIT CUP 1/2C MILK 1C	BBQ PORK CHOPS 20Z PORK N BEANS1/2C POTATOES 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 2 OZ MILK 1 C JUICE 1/2C	
MONDAY OCT 22	TUESDAY OCT 23	WEDNESDAY OCT 24	THURSDAY OCT 25	FRIDAY OCT 26	
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 OCT 29	TUESDAY OCT 30	WEDNESDAY OCT 31	THURSDAY NOV 1	FRIDAY NOV 2	
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 NOV 5	TUESDAY NOV 6	WEDNESDAY NOV 7	THURSDAY NOV 8	FRIDAY NOV 9	
CHICKEN PATTY 20Z WG BUNS 2 OZ TOTS 1/2C STACK OF TRIM 1/2C FRUIT CUP 1/2C CHOC PUDDING 1/2C MILK 1 C 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 THANKSGIVING MEAL MILK 1C JUICE 1/2C	

