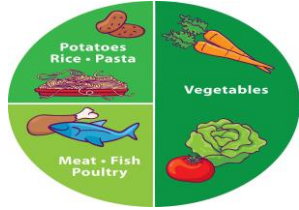


**CHITIMACHA
TRIBAL SCHOOL
MEALS
PROVIDE YOU WITH
HEALTHIER
CHOICES**



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 A VARIETY OF MEATS EACH WEEK.

We serve Fresh and Canned Fruits Weekly Also 100% Fruit Juices

WG=WHOLE GRAIN

CHOICE OF MILK SERVED DAILY WITH BREAKFAST AND LUNCH

AUGUST		LUNCH		2018-2019	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 3	
				BAKED HAM 20Z MAC N CHEESE 1/2C GREEN BEANS 1/2C SALAD CUP 1/2C WG ROLL 20Z MILK 1C JUICE 1/2C	
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	
BEEF SPAGETTI 20Z CORN 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 2 OZ MILK 1C JUICE 1/2C	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 PORK N BEANS SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C	HAM N CHEESE SANDWICH 20Z BAG OF CHIPS 10Z STACK OF TRIM 1/2C FRUIT CUP 1/2C MILK 1C	BBQ PORK CHOPS 20Z WG MAC N CHEESE 1/2C BROCCOLI 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C JUICE 1/2C	
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	
BEEF STROGNOFF 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 20Z WG RICE 1/2C BROCCOLI/CHEESE 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C	BEEF NACHOS 20Z 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 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	
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/SAUSAGE 1/2C 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/SAUSAGE GUMBO 20Z WG RICE 1/2C POTATO SALAD 1/2C WG ROLL 20Z FRUIT CUP 1/2C MILK 1C JUICE 1/2C	
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31	
CHICKEN PATTY 20Z WG BUNS 20Z TOTS 1/2C STACK OF TRIM 1/2C FRUIT CUP 1/2C CHOC PUDDING 1/2C MILK 1C JUICE 1/2C	BAKED CHICKEN 20Z BAKED BEANS 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 DAY MILK 1C JUICE 1/2C	

