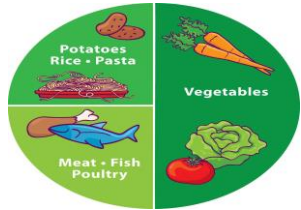


APRIL 2017

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.

Fresh and Canned Fruit Served Daily
for Breakfast and Lunch

Choice of 100% Juice and Milk Served
Daily for Breakfast

MONDAY 3 BREAKFAST WAFFLES SAUSAGE LUNCH HAMBURGER FRIES SALAD CUP FRUIT	TUESDAY 4 BREAKFAST BISCUITS SAUSAGE LUNCH RED BEANS/SAUSAGE RICE WINTER BLEND CORNBREAD	WEDNESDAY 5 BREAKFAST SCRAMBLED EGGS HASHBROWNS LUNCH CHICKEN SANDWICH TOTS SALAD CUP FRUIT	THURSDAY 6 BREAKFAST CEREAL TOAST LUNCH TACOS CORN, SALAD CUP FRUIT COOKIE	FRIDAY 7 BREAKFAST CINNAMON ROLLS OATMEAL LUNCH VEG. SOUP GRILLED CHEESE SANDWICH FRUIT
MONDAY 10 BREAKFAST FRENCH TOAST HAM LUNCH CHICKEN NUGGETS VEGGIE STICKS SALAD CUP FRUIT, ROLLS	TUESDAY 11 BREAKFAST YOGURT POP TARTS LUNCH PIG-N-BLANKET BAKED BEANS SALAD FRUIT	WEDNESDAY 12 BREAKFAST CHEESE GRITS MUFFINS LUNCH LASAGNA CORN SALAD CUP FRUIT ITALIAN BREAD	THURSDAY 13 BREAKFAST CEREAL TOAST LUNCH MEATLOAF MASHED POTATOES GREEN PEAS FRUIT, ROLLS	FRIDAY 19 GOOD FRIDAY
MONDAY 17 SPRING BREAK	TUESDAY 18 SPRING BREAK	WEDNESDAY 19 SPRING BREAK	THURSDAY 20 SPRING BREAK	FRIDAY 21 SPRING BREAK
MONDAY 24 BREAKFAST FRENCH TOAST HAM LUNCH CHICKEN FRIED STEAK MASHED POTATOES MIXED VEG., FRUIT ROLL	TUESDAY 25 BREAKFAST MUFFINS YOGURT LUNCH LASAGNA CORN SALAD, FRUIT ITALIAN BREAD	WEDNESDAY 26 BREAKFAST HASHBROWNS WAFFLES LUNCH MEATBALL SPAGHETTI BROCCOLI/CHEESE SALAD, FRUIT ITALIAN BREAD	THURSDAY 27 BREAKFAST CEREAL TOAST LUNCH NACHOS CHEESE CUP CORN SALAD CUPCAKES	FRIDAY 28 BREAKFAST CINNAMON TOAST GRITS LUNCH PIZZA CORN ON COB SALAD CUP, FRUIT PUDDING
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY