

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



HOW MANY DIFFERENT  
COLORED VEGGIES CAN  
YOU EAT?

•OUR SALADS ARE A MIX  
OF SPINACH, ROMAINE,  
PURPLE LETTUCE, AND CARROTS

•HALF OF THE GRAINS  
WE SERVE AT BREAKFAST  
ARE WHOLE WHEAT/  
WHOLE GRAIN. ALL  
OF THE GRAINS WE SERVE AT  
LUNCH ARE WHOLE GRAIN!

•WE SERVE A VARIETY OF MEATS

•WE SERVE FRESH FRUIT  
OR CANNED FRUITS, AS  
WELL AS 100% FRUIT JUICE!

•CHOICE OF MILK SERVED  
DAILY WITH BREAKFAST  
AND LUNCH!

<h1>August 2017</h1>				FRIDAY 4
				Cinnamon Rolls Grits or Oatmeal fruit LUNCH Shrimp Stew/Rice, Potato Salad, Salad Cup, Peas, Fruit
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
BREAKFAST Eggs, Toast, Jelly Fruit Cup LUNCH Meatloaf Mashed Potatoes, Gravy, Tossed Salad, Roll, Fruit Cup	BREAKFAST Biscuit, Sausage Patty, Jelly, Fruit Cup LUNCH Cheese Burger Potato Wedges Salad Cup Fruit Cup	BREAKFAST Pancake, Ham, Syrup, Fruit Cup LUNCH Chicken Stew Rice, Corn Tossed Salad, Roll Fruit Cup	BREAKFAST Cereal, Toast, Jelly Fruit Cup LUNCH Spaghetti/Meatballs Green Beans, Tossed Salad Fruit Cup	BREAKFAST Muffins, Yogurt Fruit Cup LUNCH Tacos, Corn, Salad Cup, Cheese, Salsa Fruit Cup Brownies
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
BREAKFAST French Toast Sticks, Ham, Fruit Cup LUNCH Chicken Nuggets Mac/Cheese, Veggie Sticks/Dressing Roll, Fruit Cup	BREAKFAST Omelet, Toast Fruit Cup LUNCH Sloppy Joe/Bun French Fries Salad Cup Fruit Cup	BREAKFAST Waffles, Sausage Patty, Syrup, Fruit LUNCH Pork Stew, Rice Blackeyed Peas, Salad, Fruit Cup Roll	BREAKFAST Cereal, Pop Tarts, Fruit Cup LUNCH Lasagna, Corn, Salad Cup, Fruit Cup Roll	BREAKFAST Donuts, Hashbrowns Fruit Cup LUNCH Pizza, Corn on the Cob, Salad Cup, Fruit Cup
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
BREAKFAST Breakfast Pizza, Grits LUNCH Pig n Blanket, Baked Beans, Veggie Sticks, Salad Cup, Fruit Cup	BREAKFAST Biscuits, Sausage Patty, Jelly, Fruit Cup LUNCH Hamburger/Bun French Fries Salad Cup Fruit Cup	BREAKFAST Pancakes, Ham, Syrup, Fruit Cup LUNCH Red Beans/Sausage Rice, Winter Blend/ Cheese, Fruit Cup Cornbread	BREAKFAST Cereal, Toast, Jelly Fruit Cup LUNCH Chili/Beans, Salad Cup, Fruit Cup, Crackers, Cookie	BREAKFAST Cinnamon Sticks, Oatmeal, Fruit Cup LUNCH Chicken Patty Sandwich, Fries, Salad Cup, Fruit Cup, Jello
MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	
BREAKFAST Eggs, Ham, Toast, Fruit LUNCH Country Fried Steak, Mashed Potatoes, Green Beans, Salad, Roll	BREAKFAST Waffles, Syrup, Ham, Fruit LUNCH Hot Dogs/Chili French Fries, Veggie Sticks Dressing, Pudding	BREAKFAST Muffins, Yogurt, Fruit LUNCH Chicken Stew, Rice, Peas, Beets, Salad, Roll	BREAKFAST Cereal, Pop Tarts, Fruit LUNCH Chili Fritos, Cheese, Salad, Fruit Cupcake	