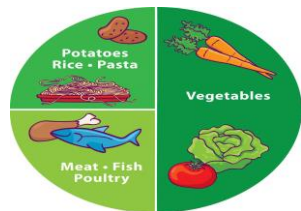


**CHITIMACHA TRIBAL  
SCHOOL MEALS  
PROVIDE YOU WITH  
HEALTHIER CHOICES**



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 served 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

Milk Choice for Lunch

FEBRUARY---MARCH 2018

MONDAY FEB. 19	TUESDAY FEB. 20	WEDNESDAY FEB. 21	THURSDAY FEB. 22	FRIDAY FEB. 23
PANCAKES/SYRUP 2 EA HASHBROWNS 1 EA FRUIT CUP 1/2 C JUICE 1/2 C MILK 1 C	GRITS 1/2C SAUSAGE 1 OZ FRUIT CUP 1/2 C JUICE 1/2C MILK 1 C	EGGS 2OZ TOAST/JELLY 1OZ FRUIT CUP 1/2C JUICE 1/2 C MILK 1 C	CEREAL 1 EA POP TART 1 EA FRUIT CUP 1/2 C JUICE 1/2 C MILK 1 C	CINNAMON STICKS 1OZ OATMEAL 1/2 C FRUIT CUP 1/2 C JUICE 1/2 C MILK 1 C
MONDAY FEB 26	TUESDAY FEB 27	WEDNESDAY FEB 28	THURSDAY MAR.1	FRIDAY MAR.2
BISCUITS/ JELLY 2 OZ SAUSAGE 1OZ FRUIT CUP 1/2 C JUICE 1/2 C MILK 1 C	FRENCH TOAST. 3 EA HAM 1OZ FRUIT CUP 1/2 C JUICE 1/2C MILK 1C	CHEESE OMELET GRITS FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	CEREAL 1 EA CINNAMON TOAST 1OZ FRUIT CUP 1/2 C JUICE 1/2C MILK 1 C	DONUTS YOGURT 1 EA FRUIT CUP 1/2C JUICE 1/2 C MILK 1 C
MONDAY MAR.5	TUESDAY MAR.6	WEDNESDAY MAR.7	THURSDAY MAR.8	FRIDAY MAR.9
HASHBROWNS 1 EA. SAUSAGE 1OZ FRUIT CUP 1/2C JUICE 1/2C MILK 1C	DONUTS 1 EA YOGURT FRUIT CUP 1/2C JUICE 1/2 C MILK 1 C	BREAKFAST BURRITO GRITS FRUIT CUP 1/2C 1/2C MILK 1C	CEREAL 1 EA TOAST/JELLY 1 OZ FRUIT CUP 1/2C JUICE 1/2C MILK 1C	CINNAMON ROLLS 2OZ OATMEAL 1/2 C FRUIT CUP 1/2C JUICE 1/2C MILK 1C
MONDAY MAR.12	TUESDAY MAR. 13	WEDNESDAY MAR. 14	THURSDAY MAR. 15	FRIDAY MAR. 16
BREAKFAST PIZZA1 EA GRITS FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	WAFFLES/SYRUP 2 EA SAUSAGE 1 OZ FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	EGGS 2OZ HAM 1 OZ FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	CEREAL 1 EA POPARTS 1 EA FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	BISCUITS/JELLY 1 OZ HAM 1 OZ FRUIT CUP 1/2 C JUICE 1 /2C MILK 1 C
MONDAY MAR. 19	TUESDAY MAR. 20	WEDNESDAY MAR. 21	THURSDAY MAR. 22	FRIDAY MAR. 23
CHEESE OMELET 2OZ POP TARTS 1 EA FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	FRENCH TOAST /SYRUP 3 SAUSAGE 1OZ FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	MUFFINS 2OZ YOGURT 1 EA FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	CEREAL 1 EA POPARTS 1 EA FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	BISCUITS/JELLY 1OZ HAM 1OZ FRUIT CUP 1/2C JUICE 1/2C MILK 1C

USDA IS AN EQUAL OPPORTUNITY PROVIDER