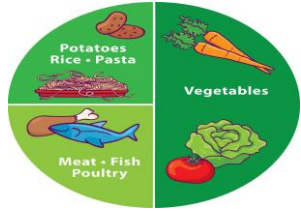


**CHITIMACHA TRIBAL  
SCHOOL MEALS  
PROVIDE YOU WITH  
HEALTHIER CHOICES**



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 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

Milk Choice for Lunch

FEBRUARY---MARCH

2018

MONDAY FEB. 19	TUESDAY FEB. 20	WEDNESDAY FEB. 21	THURSDAY FEB. 22	FRIDAY FEB. 23
COUNTRY FRIED STEAK 2OZ MASHED POTATOES 1/2C GREEN BEANS 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2C ROLL 2OZ, MILK 1C	SAUSAGE CREOLE 2 OZ RICE 1/2C, 1 BROCCOLI/ CHEESE 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2C ITALIAN BREAD 2OZ MILK 1 C	JAMBALAYA 2OZ, 1/2C BLACKEYE PEAS 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/23C ROLL 2OZ MILK 1C	BEEF STEW RICE 1/2C GREEN BEANS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C ROLL 2 OZ MILK 1 C	CHEESE PIZZA 2OZ CORN 1/2C SALAD MIX 1/2C FRUIT CUP 1/2C COOKIE 1 EA. MILK 1C
MONDAY FEB 26	TUESDAY FEB 27	WEDNESDAY FEB 28	THURSDAY MAR.1	FRIDAY MAR.2
VEG. BEEF SOUP 1C GRILLED CHEESE SANDWICH 2OZ OR CRACKERS FRUIT CUP 1/2C TOSSED SALAD 1/2C MILK 1C	PIG N BLANKET 2OZ EA BLACKEYE PEAS 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2C MILK 1 C	CHICKEN NUGGETS 5 TOTS 1/2C CARROTS 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/23C ROLL 2OZ MILK 1 C	BEEF TACOS 2 EA CHEESE CUP 1 OZ SLASA 1OZ SALAD CUP 1/2C CORN 1/2C FRUIT CUP 1/2C MILK 1 C	FISH STICKS 2OZ. MAC/CHEESE 1/2C GREEN BEAN 1/2C SALAD MIX 1/2C FRUIT CUP 1/2C COOKIE 1 EA. MILK 1C
MONDAY MAR.5	TUESDAY MAR.6	WEDNESDAY MAR.7	THURSDAY MAR.8	FRIDAY MAR.9
MEAT LOAF 2OZ POTATOES 1/2C GREEN PEAS 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2C ROLL 2OZ MILK 1 C	CORNDOG 2OZ FRIES 1/2C SALAD CUP 1/2 C FRUIT CUP 1/2C PORK & BEANS 1/2C MILK 1 C	LASAGNA 2OZ, 1/2C CORN 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2C ITALIAN BREAD 2OZ MILK 1 C	HOT DOGS 1OZ CHILI 1OZ BUN 2OZ TOTS 1/2C FRUIT CUP 1/2C SALAD CUP 1/2C MILK 1 C	SHRIMP STEW 2OZ. RICE 1/2C POTATO SALAD 1/2C SALAD MIX 1/2C FRUIT CUP 1/2C ROLL 2 OZ. MILK 1C
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
CHICKEN/SAUSAGE GUMBO 1C RICE 1/2C GREEN BEANS 1/2C TOSSED SALAD 1/2 C FRUIT CUP 1/2C ROLL 2OZ MILK 1 C	HAMBURGERS 2OZ BUN 2 OZ TOTS 1/2C SALAD CUP 1/2 C FRUIT CUP 1/2C MILK 1C	CHICKEN PATTY 2OZ BUN 2OZ FRIES 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C PUDDING 1/2C MILK 1 C	RED BEANS/SAUSAGE 2OZ RICE 1/2C WINTER BLEND 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C CORNBREAD 2OZ MILK 1 C	TUNA FISH SALAD 2OZ BREAD 2 OZ POTATO CHIPS 2OZ SALAD CUP 1/2C FRUIT CUP 1/2C MILK 1C COOKIE 1 EA.
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
SAUSAGE SPAGHETTI 2OZ 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2C JELLO 1/2C ITALIAN BREAD 2OZ MILK 1 C	CHILI FRITOS 2OZ EA CHEESE CUP 1OZ CORN 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2C MILK 1C	WHITE BEANS/ SAUSAGE 2 OZ RICE 1/2C BROCCOLI /CHEESE 1/2C TOSSED SALAD 1/2C ROLL 2OZ MILK 1 C	PEPPERONI PIZZA 2OZ CORN 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C MILK 1 C COOKIE 1 EA.	GRILL CHEESE SANDWICH 2OZ TOTS SALAD MIX 1/2C FRUIT CUP 1/2C PICKLES 1/4C MILK 1C

USDA IS AN EQUAL OPPORTUNITY PROVIDER