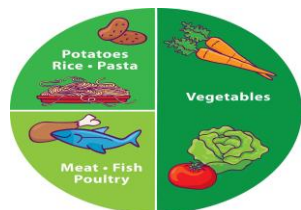


**CHITIMACHA TRIBAL
SCHOOL MEALS
PROVIDE YOU WITH
HEALTHIER CHOICES**



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 Can Fruits Weekly Also 100% Fruit Juices

CHOICE OF MILK SERVED DAILY WITH BREAKFAST AND LUNCH

FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		BREAKFAST PANCAKES, HAM FRUIT LUNCH RED BEANS/SAUSAGE RICE, BEETS BROCCOLI/CHEESE CORNBREAD	BREAKFAST CEREAL, MUFFINS FRUIT LUNCH TACOS, CORN SALAD FRUIT COOKIES	BREAKFAST CINNAMON ROLLS OATMEAL, FRUIT LUNCH SLOPPY JOE TATOR TOTS PICKLE CUP, JELLO
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
BREAKFAST WAFFLES, SAUSAGE FRUIT LUNCH COUNTRY FRIED STEAK CHEESE POTATOES GREEN PEAS FRUIT, ROLL	BREAKFAST BREAKFAST BURRITO GRITS, FRUIT LUNCH BAKED SPAGHETTI GREEN BEANS TOSSED SALAD BREAD	BREAKFAST BISCUITS, HAM FRUIT LUNCH HOT DOGS/ CHILI FRIES VEGGIE STICKS PUDDING	BREAKFAST CEREAL, POPTARTS FRUIT LUNCH BBQ CHICKEN BAKED POTATOES BAKED BEANS FRUIT, ROLL	BREAKFAST EGGS, TOAST FRUIT LUNCH CORN DOGS TATOR TOTS, SALAD FRUIT CUPCAKES
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
BREAKFAST FRENCH TOAST, HASHBROWNS, FRUIT LUNCH CHICKEN/SAUSAGE JAMBALAYA GREEN BEANS, YAMS ROLL	BREAKFAST YOGURT MUFFINS, FRUIT LUNCH HAM/CHEESE SANDWICH, TOTS SALAD CUP FRUIT	BREAKFAST CINNAMON STICKS GRITS, FRUIT LUNCH CHILI / BEANS SALAD CRACKERS COOKIES	BREAKFAST CEREAL, TOAST FRUIT LUNCH PORK STEW/ RICE MIXED VEGETABLES FRUIT ROLL	BREAKFAST DONUTS SAUSAGE, FRUIT LUNCH PIZZA CORN ON COB SALAD FRUIT, JELLO
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
BREAKFAST EGGS, CINNAMON TOAST, FRUIT LUNCH MEATLOAF POTATOES GREEN PEAS, SALAD FRUIT, ROLL	BREAKFAST BISCUITS, SAUSAGE FRUIT LUNCH WHITE BEANS/ RICE PORK CHOPS SALAD, FRUIT BISCUITS,	BREAKFAST PANCAKE ON STICK GRITS, FRUIT LUNCH SAUSAGE SPAGHETTI SALAD, GREEN BEANS FRUIT BREAD	BREAKFAST CEREAL POPTARTS, FRUIT LUNCH CHICKEN NUGGETS MAC/CHEESE VEGETABLE STICKS FRUIT, ROLLS	BREAKFAST YOGURT MUFFINS, FRUIT LUNCH BBQ SAUSAGE SANDWICH CHIPS, FRUIT, COOKIES
MONDAY 27	TUESDAY 28			
MARDI GRAS NO SCHOOL!	MARDI GRAS NO SCHOOL!			