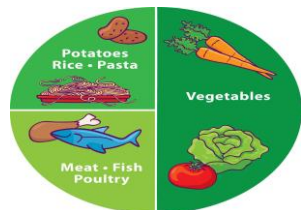


# MARCH 2017

## CHITIMACHA TRIBAL SCHOOL AIMS TO PROVIDE YOU WITH HEALTHIER MEALS



MENU MAY CHANGE

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  
JUICE AND FRUIT DAILY FOR BREAKFAST

CHOICE OF MILK SERVED DAILY WITH  
BREAKFAST AND LUNCH

100% Fruit Juices Served at Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 2	FRIDAY 3
			<b>BREAKFAST</b> CEREAL POPTARTS, FRUIT <b>LUNCH</b> NACHOS CORN, SALAD FRUIT APPLESAUCE, CAKE	<b>BREAKFAST</b> TOAST OATMEAL, FRUIT <b>LUNCH</b> TUNA OR GRILLED CHEESE SANDWICH SALAD, TOTS FRUIT
<b>MONDAY 6</b> <b>BREAKFAST</b> BISCUITS HAM, FRUIT <b>LUNCH</b> HAMBURGERS TOTS, SALAD CUP FRUIT	<b>TUESDAY 7</b> <b>BREAKFAST</b> PANCAKES SAUSAGE, FRUIT <b>LUNCH</b> BEEF STROGANOFF GREEN BEANS SALAD CUP FRUIT	<b>WEDNESDAY 8</b> <b>BREAKFAST</b> CHEESE OMELET TOAST, FRUIT <b>LUNCH</b> CHICKEN FRIED STEAK CHEESE POTATOES GREEN PEAS FRUIT, ROLL	<b>THURSDAY 9</b> <b>BREAKFAST</b> CINNAMON ROLLS OATMEAL, FRUIT <b>LUNCH</b> TACOS SALAD CORN, SALAD FRUIT, COOKIE	<b>FRIDAY 10</b> <b>BREAKFAST</b> CEREAL TOAST, FRUIT <b>LUNCH</b> SHRIMP STEW/RICE POTATO SALAD GREEN PEAS, FRUIT BREAD
<b>MONDAY 13</b> <b>BREAKFAST</b> FRENCH TOAST STICKS SAUSAGE, FRUIT <b>LUNCH</b> BAKED HAM MASHED POTATOES GREEN PEAS FRUIT, ROLLS	<b>BREAD</b> <b>BREAKFAST</b> CINNAMON TOAST HAM, FRUIT <b>LUNCH</b> CHICKEN SANDWICH FRIES SALAD CUP FRUIT	<b>WEDNESDAY 15</b> <b>BREAKFAST</b> BISCUITS EGGS, FRUIT <b>LUNCH</b> CHILI FRITOS CORN, SALAD FRUIT COOKIE	<b>THURSDAY 16</b> <b>BREAKFAST</b> CEREAL POPTARTS, FRUIT <b>LUNCH</b> PORK STEW/RICE BLACKEYE OR GREEN PEAS, FRUIT ROLLS	<b>FRIDAY 17</b> <b>BREAKFAST</b> PIZZA GRITS, FRUIT <b>LUNCH</b> CHEESE PIZZA CORN ON COB SALAD, TOTS FRUIT
<b>MONDAY 20</b> <b>BREAKFAST</b> EGGS TOAST, FRUIT <b>LUNCH</b> CHEESE BURGERS FRIES, SALAD FRUIT	<b>TUESDAY 21</b> <b>BREAKFAST</b> CINNAMON STICKS GRITS, FRUIT <b>LUNCH</b> LASAGNA GREEN BEANS SALAD CUP FRUIT, BREAD	<b>WEDNESDAY 22</b> <b>BREAKFAST</b> WAFFLES SAUSAGE, FRUIT <b>LUNCH</b> CHICKEN FAJITAS SPANISH RICE, REFRIED BEANS FRUIT CUPCAKES	<b>THURSDAY 23</b> <b>BREAKFAST</b> CEREAL TOAST, FRUIT <b>LUNCH</b> SAUSAGE SPAGHETTI BROCCOLI/CHEESE SALAD, FRUIT ITALIAN BREAD	<b>FRIDAY 24</b> <b>BREAKFAST</b> YOGURT MUFFINS, FRUIT <b>LUNCH</b> FISH WHITE BEANS / RICE COLESLAW FRUIT, ROLLS
<b>MONDAY 27</b> <b>BREAKFAST</b> PANCAKES SAUSAGE, FRUIT <b>LUNCH</b> PIZZA CORN, SALAD FRUIT PUDDING	<b>TUESDAY 28</b> <b>BREAKFAST</b> BREAKFAST BURRITO GRITS, FRUIT <b>LUNCH</b> BBQ BEEF SANDWICH FRIES SALAD CUP FRUIT	<b>WEDNESDAY 29</b> <b>BREAKFAST</b> HAM/CHEESE ROLLS YOGURT, FRUIT <b>LUNCH</b> TAMALE PIE CORN, SALAD FRUIT JELLO	<b>THURSDAY 30</b> <b>BREAKFAST</b> PANCAKE ON STICK GRITS, FRUIT <b>LUNCH</b> CHICKEN NUGGETS TOTS CARROT/CUCUMBER FRUIT	<b>FRIDAY 31</b> <b>BREAKFAST</b> CEREAL POPTARTS, FRUIT <b>LUNCH</b> VEGETABLE SOUP GRILLED CHEESE SALAD FRUIT