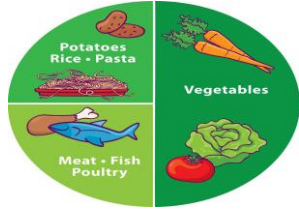


**CHITIMACHA
TRIBAL SCHOOL
MEALS
PROVIDE YOU WITH
MORE HEALTHIER
CHOICES**



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

WG=WHOLE GRAIN

CHOICE OF MILK SERVED DAILY WITH BREAKFAST AND LUNCH

BREAKFAST			MARCH/APRIL 2018	
MONDAY MARCH 26	TUESDAY MAR. 27	WEDNESDAY MAR.28	THURSDAY MAR.29	FRIDAY -OFF
WG PANCAKES/SYRUP 2 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 WW TOAST/JELLY 10Z FRUIT CUP 1/2C JUICE 1/2 C MILK 1 C	WG CEREAL 1 EA POP TART 1 EA FRUIT CUP 1/2 C JUICE 1/2 C MILK 1 C	WG WAFFLE 2 EA OATMEAL 1/2 C FRUIT CUP 1/2 C JUICE 1/2 C MILK 1 C
MONDAY APRIL 9	TUESDAY APRIL 10	WEDNESDAY APRIL 11	THURSDAY APRIL 12	FRIDAY APRIL 13
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 1/2C FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	WG CEREAL 1 EA WG CINNAMON TOAST FRUIT CUP 1/2 C JUICE 1/2C MILK 1 C	PANCAKE ON STICK 2 OZ YOGURT 1 EA FRUIT CUP 1/2C JUICE 1/2 C MILK 1 C
MONDAY APRIL 16	TUESDAY APRIL 17	WEDNESDAY APRIL 18	THURSDAY APRIL 19	FRIDAY APRIL 20
HASHBROWNS 1 EA. SAUSAGE 1OZ FRUIT CUP 1/2C JUICE 1/2C MILK 1C	WG PANCAKES/SYRUP 2 YOGURT 1 EA FRUIT CUP 1/2C JUICE 1/2 C MILK 1 C	BREAKFAST BURRITO GRITS 1/2C FRUIT CUP 1/2C 1/2C MILK 1C	WG CEREAL 1 EA WG TOAST/JELLY 1 OZ FRUIT CUP 1/2C JUICE 1/2C MILK 1C	CINNAMON WG TOAST OATMEAL 1/2 C FRUIT CUP 1/2C JUICE 1/2C MILK 1C
MONDAY APRIL 23	TUESDAY APRIL 24	WEDNESDAY APRIL 25	THURSDAY APRIL 26	FRIDAY APRIL 27
WG BREAKFAST PIZZA GRITS 1/2C FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	WG WAFFLES/SYRUP 2 EA HASHBROWNS 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	WG CEREAL 1 EA WG POPTARTS 1 EA FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	BISCUITS/JELLY 1 OZ SAUSAGE 1 OZ FRUIT CUP 1/2 C JUICE 1/2C MILK 1 C
MONDAY APRIL 30	TUESDAY MAY 1	WEDNESDAY MAY 2	THURSDAY MAY 3	FRIDAY MAY 4
CHEESE OMELET 2OZ HASHBROWNS 1 EA. FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	FRENCH TOAST STICKS 3 SAUSAGE 1OZ FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	WG MUFFINS 2OZ YOGURT 1 EA FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	WG CEREAL 1 EA WG POPTARTS 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

