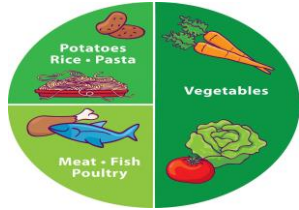


LUNCH

MARCH/APRIL 2018

CHITIMACHA TRIBAL SCHOOL MEALS PROVIDE YOU WITH MORE 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
Catsup, mayo and mustard : ard / sandwiches
Half the Grains we serve for Breakfast
are Whole Wheat/Whole Grain.
All the Grains serve at Lunch
are Whole Wheat/Whole Grain.

A VARIETY OF MEAT IS SERVED EACH WEEK

WG=WHOLE GRAIN

Fresh or canned fruit served daily for
breakfast abd lunch

CHOICE OF MILK SERVED DAILY WITH
BREAKFAST AND LUNCH

100% Fruit Juices Served at Breakfast

MONDAY MARCH 26	TUESDAY MARCH 27	WEDNESDAY MARCH 28	THURSDAY MARCH 29	FRIDAY-OFF
HAM 2OZ WG MAC & CHEESE 1/2C GREEN BEANS 1/2 C TOSSED SALAD 1/2C FRUIT CUP 1/2C WG ROLL 2OZ MILK 1C JUICE 1/2C	BAKED CHICKEN 2 OZ BROWN GRAVY MASHED POTATOES 1/2C MIXED VEGETABLES 1/2C TOSSED SALAD 1C FRUIT CUP 1/2C WG ROLL 2 OZ MILK 1 C	BEEF STEAK FINGER TOTS 1/2C BROCCOLI/CHEESE 1/2C TOSSED SALAD 1C FRUIT CUP 1/2C WG ROLL 2OZ MILK 1 C	PIZZA 2OZ M/MA/B CORN 1/2C TOSSED SALAD 1C FRUIT CUP 1/2C COOKIE 1 MILK 1C	CHILI/BEANS 2OZ WG CRACKERS 2 EA. CUCUMBER/CARROT 1/2 RANCH DRESSING 1OZ FRUIT CUP 1/2 C SALAD CUP 1/2C MILK 1 C JUICE 1/2 C
MONDAY APRIL 9	TUESDAY APRIL 10	WEDNESDAY APRIL 11	THURSDAY APRIL 12	FRIDAY APRIL 13
CORN DOG 2OZ M/MA FRIES 1/2C SALAD CUP 1 C PORK-N-BEANS 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C	JAMBALAYA 2OZ/ 1 C CANDIED YAMS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2CC WG ROLL 2OZ MILK 1C	CHICKEN NUGGETS 5 EA. TOTS 1/2C CARROTS 1/2C SALAD CUP 1C FRUIT CUP 1/2C WG ROLL 2OZ MILK 1C	BEEF TACOS 2EA CHEESE 1OZ SALSA 1OZ STACK OF TRIM 1/2C CORN 1/2C COOKIE 1 MILK 1 C	G BEEF SPAGHETTI WG ROLL CORN 1/2C SALAD CUP 1C FRUIT CUP 1/2C MILK 1C JUICE 1/2C
MONDAY APRIL 16	TUESDAY APRIL 17	WEDNESDAY APRIL 18	THURSDAY APRIL 19	FRIDAY APRIL 20
CHICKEN SAUSAGE GUMBO 1C RICE 1/2C POTATOES 1/2C FRUIT CUP 1/2C SALAD CUP 1 C JUICE 1/2C MILK 1C	CHICKEN PATTY 2OZ WG BUN 2OZ TOTS 1/2 C STACK OF TRIM 1/2C FRUIT CUP 1/2C PUDDING 1/2C MILK 1C	PEP PIZZA 2OZ M/MA CORN 1/2C SALAD CUP 1C FRUIT CUP 1/2C CARROT STICKS 1/2C OATMEAL COOKIE 1 MILK 1C	RED BEANS SAUSAGE 2 OZ RICE 1/2C CANDIED YAMS 1/2C FRUIT CUP 1/2C SALAD CUP 1/2C WG ROLL 2 OZ MILK 1C	PORK CHOP WG MAC/CHEESE 1/2C GREEN BEANS 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2C WG ROLL 2OZ MILK 1C JUICE 1/2C
MONDAY APRIL 23	TUESDAY APRIL 24	WEDNESDAY APRIL 25	THURSDAY APRIL 26	FRIDAY APRIL 27
PIG N BLANKET 2 OZ POTATOES 1/2C GREEN PEAS 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2C MILK 1 C JUICE 1/2C	HAMBURGERS 2OZ FRIES 1/2C STACK OF TRIM 1/2C PICKLES 1/4C FRUIT CUP 1/2C WG BUN 2OZ MILK 1C	HOT DOGS/CHILI 2OZ FRIES 1/2C TOSSED SALAD 1C FRUIT CUP 1/2 WG BUN 2OZ MILK 1C	BEEF LASAGNA 2OZ CORN 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2C WG ITALIAN BREAD 2OZ MILK 1C	PORK STEW 2OZ RICE 1/2C GREEN BEANS 1/2C TOSSED SALAD 1/2C FRUIT CUP 1/2C WG ROLL 2OZ MILK 1C JUICE 1/2C
MONDAY APRIL 30	TUESDAY MAY 1	WEDNESDAY MAY 2	THURSDAY MAY 3	FRIDAY MAY 4
CHILI FRITOS 2OZ EA. CHEESE 1 OZ SALAD CUP 1 C CORN 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C	BBQ CHICKEN 2OZ BAKED BEANS 1/2C TOSSED SALAD 1/2 FRUIT CUP 1/2C MILK 1C WG ROLL 2 OZ	WHITE BEANS/ SAUSAGE/2OZ RICE 1/2C BROCCOLI/CHEESE 1/2C TOSSED SALAD1/2C FRUIT CUP 1/2C WG ROLLS 2OZ MILK 1C	HAM & CHEESE SANDWICH 2OZ FRIES 1/2 C STACK OF TRIM 1/2C PICKLES 1/4C FRUIT CUP 1/2C WG BUN 2OZ MILK 1C	SALSURY STEAK2 OZ MASH POTATOES 1/2C GREEN BEANS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLLS 2OZ MILK 1 C JUICE 1/2C

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