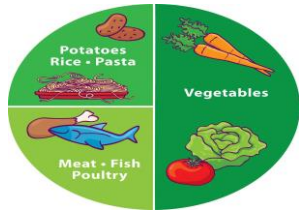


MAY 2017

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.

Fresh and Canned Fruit Served Daily
for Breakfast and Lunch

Choice of 100% Juice and Milk Served
Daily for Breakfast

MONDAY 1 BREAKFAST GRITS TOAST LUNCH TACOS CORN, SALAD FRUIT COOKIE	TUESDAY 2 BREAKFAST BISCUITS SAUSAGE LUNCH RED BEANS/SAUSAGE RICE WINTER BLEND CORNBREAD	WEDNESDAY 3 BREAKFAST SCRAMBLED EGGS HASHBROWNS LUNCH BEEF STROGANOFF GREEN BEANS, SALAD FRUIT, ROLLS	THURSDAY 4 BREAKFAST CEREAL TOAST LUNCH BEEF STEW/POTATOES RICE PEAS SALAD, ROLLS	FRIDAY 5 BREAKFAST CINNAMON ROLLS OATMEAL LUNCH HAMBURGERS FRIES SALAD CUP FRUIT
MONDAY 8 BREAKFAST FRENCH TOAST HAM LUNCH BAKED HAM CHEESE POTATOES PEAS SALAD ROLLS	TUESDAY 9 BREAKFAST YOGURT POP TARTS LUNCH PIG-N-BLANKET FRIES SALAD FRUIT	WEDNESDAY 10 BREAKFAST CHEESE GRITS MUFFINS LUNCH CHILI BEANS SALAD, FRUIT CRACKERS	THURSDAY 11 BREAKFAST CEREAL TOAST LUNCH MEATLOAF MASHED POTATOES GREEN PEAS FRUIT, ROLLS	FRIDAY 12 BREAKFAST WAFFLES SAUSAGE LUNCH PIZZA CORN TOSSED SALAD FRUIT
MONDAY 15 BREAKFAST OMELET TOAST LUNCH JAMBALAYA YAMS, GREEN BEANS FRUIT ROLLS	TUESDAY 16 BREAKFAST BISCUITS HAM LUNCH TAMALE PIE CORN FRUIT PUDDING	WEDNESDAY 17 BREAKFAST PANCAKES SAUSAGE LUNCH SPAGHETTI BROCCOLI/CHEESE SALAD, FRUIT ITALIAN BREAD	THURSDAY 18 BREAKFAST CEREAL POPTARTS LUNCH NACHOS CORN SALAD FRUIT COOKIES	FRIDAY 19 BREAKFAST CINNAMON STICKS GRITS LUNCH BBQ SAUSAGE SANDWICH TOTS, SALAD CUP FRUIT
MONDAY 22 BREAKFAST FRENCH TOAST HAM LUNCH CHICKEN FRIED STEAK MASHED POTATOES MIXED VEG., FRUIT ROLL	TUESDAY 23 BREAKFAST MUFFINS YOGURT LUNCH CHICKEN SANDWICH SALAD CUP TOTS FRUIT			