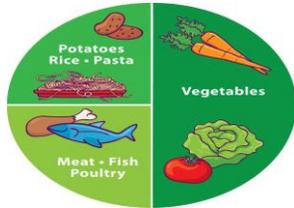


# NOVEMBER

## 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

MONDAY	TUESDAY 1 <b>BREAKFAST</b> BISCUIT SAUSAGE <b>LUNCH</b> LASAGNA CORN SALAD FRUIT ITALIAN BREAD	WEDNESDAY 2 <b>BREAKFAST</b> CHEESE GRITS MUFFINS <b>LUNCH</b> SWEET/SOUR PORK FRIED RICE ORIENTAL VEG. FRUIT ROLL	THURSDAY 3 <b>BREAKFAST</b> CEREAL TOAST <b>LUNCH</b> CHICKEN NUGGETS MAC & CHEESE GREEN PEAS VEGGIE CUP FRUIT, ROLLS	FRIDAY 4 <b>BREAKFAST</b> CINNAMON ROLLS OATMEAL <b>LUNCH</b> PIZZA CORN TOSSED SALAD FRUIT COOKIE
MONDAY 7 <b>BREAKFAST</b> OMELET TOAST <b>LUNCH</b> COUNTRY FRIED STEAK MASHED POTATOES MIXED VEG. FRUIT ROLLS	TUESDAY 8 <b>BREAKFAST</b> YOGURT HAM/CHEESE ROLLS <b>LUNCH</b> PIG-N-BLANKET FRIES BAKED BEANS FRUIT	WEDNESDAY 9 <b>BREAKFAST</b> PANCAKES SAUSAGE <b>LUNCH</b> BEEF STROGANOFF GREEN BEANS SALAD FRUIT ROLLS	THURSDAY 10 <b>BREAKFAST</b> CEREAL POPTARTS <b>LUNCH</b> RED BEANS/SAUSAGE RICE WINTER BLEND FRUIT GREEN PEAS	FRIDAY 11 <b>BREAKFAST</b> DONUTS SAUSAGE <b>LUNCH</b> HAMBURGERS FRIES SALAD CUP FRUIT PUDDING
MONDAY 14 <b>BREAKFAST</b> BREAKFAST PIZZA GRITS <b>LUNCH</b> VEG. SOUP CHEESE SANDWICH FRUIT COOKIES	TUESDAY 15 <b>BREAKFAST</b> FRENCH TOAST HAM <b>LUNCH</b> JAMBALAYA YAMS GREEN BEANS FRUIT ROLLS	WEDNESDAY 16 <b>BREAKFAST</b> BISCUITS SAUSAGE <b>LUNCH</b> BBQ CHICKEN BAKED POTATO PORK-N-BEANS FRUIT BREAD	THURSDAY 17 <b>BREAKFAST</b> CEREAL TOAST <b>LUNCH</b> SAUSAGE SPAGHETTI BROCCOLI/CHEESE SALAD FRUIT ITALIAN BREAD	FRIDAY 18 <b>BREAKFAST</b> WAFFLES HASHBROWNS <b>LUNCH</b> TAMALE PIE CORN FRUIT JELLO SALAD
MONDAY 21 <b>THANKSGIVING HOLIDAYS</b>	TUESDAY 22 <b>THANKSGIVING HOLIDAYS</b>	WEDNESDAY 23 <b>THANKSGIVING HOLIDAYS</b>	THURSDAY 24 <b>HAPPY</b>  <b>THANKSGIVING</b>	FRIDAY 25 <b>THANKSGIVING HOLIDAYS</b>
MONDAY 28 <b>BREAKFAST</b> WAFFLES HASHBROWN <b>LUNCH</b> CHILI BEANS SALAD FRUIT CRACKERS, COOKIE	TUESDAY 29 <b>BREAKFAST</b> MUFFINS & YOGURT <b>LUNCH</b> MEATLOAF CHEESE POTATOES GREEN PEAS BLACK EYE PEAS FRUIT, ROLLS	WEDNESDAY 30 <b>BREAKFAST</b> FRENCH TOAST HAM <b>LUNCH</b> CHICKEN SAUSAGE GUMBO, SALAD GREEN BEANS FRUIT, ROLLS	THURSDAY	FRIDAY