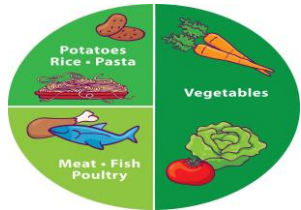


Nov-17

**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

CHOICE OF MILK SERVED DAILY WITH
BREAKFAST AND LUNCH

MONDAY	TUESDAY	WEDNESDAY1	THURSDAY 2	FRIDAY 3
		BREAKFAST CHEESE GRITS MUFFINS, FRUIT LUNCH SAUSAGE CREOLE RICE, BROCCOLI/ CHEESE, FRUIT, SALAD ITALIAN BREAD	BREAKFAST CEREAL TOAST LUNCH PIZZA, CORN SALAD FRUIT COOKIE	BREAKFAST CINNAMON ROLLS OATMEAL LUNCH CHILI/BEANS, CRACKERS, CORNBREAD, FRUIT VEG CUP, SALAD
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
BREAKFAST EGGS, HAM, TOAST LUNCH COUNTRY FRIED STEAK MASHED POTATOES MIXED VEG, FRUIT ROLLS	BREAKFAST YOGURT DONUTS LUNCH PIG-N-BLANKET FRIES, BAKED BEANS FRUIT SALAD	BREAKFAST PANCAKES SAUSAGE LUNCH BEFF STROGANOFF GREEN BEANS SALAD, FRUIT, ROLLS	BREAKFAST CEREAL POPTARTS LUNCH HAMBURGERS FRIES, SALAD, FRUIT COOKIE	BREAKFAST BISCUITS SAUSAGE LUNCH RED BEANS/SAUSAGE RICE, WINTER BLEND FRUIT, SALAD, CORNBREAD
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
BREAKFAST BREAKFAST PIZZA GRITS LUNCH VEG./BEEF SOUP CRACKERS, FRUIT SALAD, ROLL JELLO	BREAKFAST FRENCH TOAST HAM LUNCH JAMBALAYA BLACKEYE PEAS SALAD, FRUIT, ROLLS	BREAKFAST BISCUITS SAUSAGE LUNCH CHICKEN NUGGETS TATOR TOTS, CARROTS, FRUIT, BREAD, SALAD	BREAKFAST CEREAL TOAST LUNCH TACOS, CORN FRUIT, SALAD CHEESE/SALSA ROLLS	BREAKFAST WAFFLES HASHBROWNS LUNCH TURKEY ROAST MASHPOTATO/GRAVY GREEN BEANS SALAD, FRUIT, ROLL
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
<i>THANKSGIVING HOLIDAYS</i>	<i>THANKSGIVING HOLIDAYS</i>	<i>THANKSGIVING HOLIDAYS</i>	HAPPY THANKSGIVING	<i>THANKSGIVING HOLIDAYS</i>
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY
BREAKFAST PANCAKES HASHBROWN LUNCH CORN DOGS PORK-N-BEANS FRIES, FRUIT, ROLLS SALAD	BREAKFAST CINNAMON STICKS YOGURT LUNCH CHICKEN PATTY SANDWICH TATOR TOTS, SALAD, FRUIT, PUDDING	BREAKFAST BISCUITS SAUAGE PATTIES LUNCH CHICKEN SAUSAGE GUMBO, POTATO SALAD, GREEN BEANS, FRUIT, ROLLS	BREAKFAST CEREAL POPTARTS LUNCH TAMALE PIE CORN, SALAD, FRUIT ROLLS FRUIT	