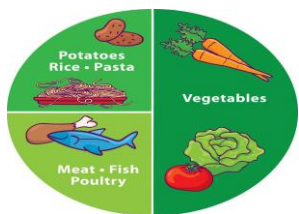


Oct-17

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 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 Canned Fruits Also 100% Fruit Juices

CHOICE OF MILK SERVED DAILY WITH BREAKFAST AND LUNCH

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
BREAKFAST BURRITO GRITS, FRUIT	DONUTS SAUSAGE FRUIT	BISCUIT HAM FRUIT	CEREAL TOAST FRUIT	OATMEAL, CINN. ROLL, FRUIT
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
RED BEANS/SAUSAGE RICE WINTER BLEND CORNBREAD	CHICKEN/SAUSAGE GUMBO, POTATO SALAD, GREEN BEANS, ROLLS	PIG-N-BLANKETS FRENCH FRIES BAKED BEANS FRUIT	CHILI/BEANS SALAD, FRUIT CRACKERS JELLO	TACOS CHEESE CUP SALSA SALAD CUP COOKIE
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	FALL BREAK! NO SCHOOL!
FRENCH TOAST STICKS HASH BROWNS, FRUIT	SCRAMBED EGGS TOAST, FRUIT	MUFFINS, YOGURT FRUIT	CEREAL, POP TART FRUIT	
LUNCH	LUNCH	LUNCH	LUNCH	
BAKED HAM MAC AND CHEESE GREEN BEANS FRUIT, ROLLS	COUNTRY FRIED STEAK MASHED POTATOES CORN FRUIT, ROLLS	BBQ SAUSAGE SANDWICH, TATOR TOTS, SALAD CUP FRUIT	MEATBALL STEW RICE, BLACKEYE PEAS OR GREEN PEAS FRUIT, ROLLS	
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
FALL BREAK! NO SCHOOL!	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	BISCUITS, SAUSAGE FRUIT	PANCAKES ON STICK GRITS, FRUIT	CEREAL, CINN. TOAST FRUIT	BREAKFAST PIZZA GRITS, FRUIT
	LUNCH	LUNCH	LUNCH	LUNCH
	HAMBURGERS FRIES, BAKED BEANS SALAD CUP, FRUIT SALAD CUP	CHICKEN STEW RICE GREEN BEANS FRUIT, ROLL	SAUSAGE SPAGHETTI SALAD, FRUIT ITALIAN BREAD	HOT DOG/CHILI CHEESE CUP VEGGIE CUP, FRIES FRUIT, PUDDING
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
EGGS , TOAST FRUIT	MUFFINS, GRITS FRUIT	HASHBROWNS SAUSAGE, FRUIT	CEREAL, POP TART FRUIT	OATMEAL, CINN, STICKS, FRUIT
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
CHICKEN PATTY SANDWICH FRIES, SALAD FRUIT	WHITE BEANS SAUSAGE RICE BROCCOLI / CHEESE FRUIT, CORNBREAD	HAM/CHEESE SANDWICH TOTS, SALAD CUP FRUIT	JAMBALAYA YAMS, GREEN BEANS, FRUIT, SALAD ROLLS	SLOPPY JOES FRIES CORN COBBETT FRUIT
MONDAY 30	TUESDAY 31			
BREAKFAST	BREAKFAST			
FRENCH TOAST STICKS SAUSAGE, FRUIT	SCRAMBLED EGGS BISCUITS, FRUIT			
LUNCH	LUNCH			
MEATLOAF, CREAMED POTATOES, PEAS & CARROTS, FRUIT ROLLS	CHICKEN NUGGETS MAC AND CHEESE GREEN BEANS, FRUIT ROLL			