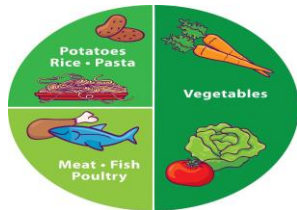


# SEPTEMBER 2017

## CHITIMACHA TRIBAL SCHOOL MEALS PROVIDE YOU WITH 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

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  
JUICE AND FRUIT DAILY FOR BREAKFAST

CHOICE OF MILK SERVED DAILY WITH  
BREAKFAST AND LUNCH

100% Fruit Juices Served at Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1
				BREAKFAST TOAST OATMEAL, FRUIT LUNCH PIZZA CORN ON COB SALAD, APPLE CRISP
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
LABOR DAY!  NO SCHOOL!!!	BREAKFAST PANCAKES SAUSAGE, FRUIT LUNCH BEEF STROGANOFF GREEN BEANS SALAD CUP FRUIT, ROLL	BREAKFAST CHEESE OMELET TOAST, FRUIT LUNCH PORK CHOPS CHEESE POTATOES GREEN PEAS FRUIT, ROLL	BREAKFAST CINNAMON ROLLS OATMEAL, FRUIT LUNCH TACOS SALAD CORN, SALAD FRUIT, COOKIE	BREAKFAST CEREAL TOAST, FRUIT LUNCH SHRIMP STEW/RICE POTATO SALAD GREEN PEAS, FRUIT BREAD
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
BREAKFAST FRENCH TOAST STICKS SAUSAGE, FRUIT LUNCH BAKED HAM MASHED POTATOES GREEN PEAS FRUIT, ROLLS	BREAKFAST BISCUITS HAM, FRUIT LUNCH CHICKEN SANDWICH FRIES SALAD CUP FRUIT	BREAKFAST HAM/CHEESE/EGGS HASHBROWNS, LUNCH CHILI /BEANS CHEESE CUP TOTS, SALAD COOKIE	BREAKFAST CEREAL POPARTS, FRUIT LUNCH BEEFSTEW/RICE BLACKEYE OR GREEN PEAS, FRUIT ROLLS	BREAKFAST PIZZA GRITS, FRUIT LUNCH NACHOS/CHEESE CORN ON COB SALAD, FRUIT JELLO
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
BREAKFAST PANCAKES SAUSAGE, FRUIT LUNCH CHICHEN/SAUSAGE JAMBALAYA GREEN BEANS , YAMS FRUIT, ROLLS	BREAKFAST CINNAMON STICKS GRITS. FRUIT LUNCH LASAGNA GREEN BEANS SALAD CUP FRUIT, BREAD	BREAKFAST WAFFLES SAUSAGE, FRUIT LUNCH WHITE BEANS/RICE SAUSAGE SALAD FRUIT CORNBREAD	BREAKFAST CEREAL TOAST, FRUIT LUNCH MEATBALLSPAGHETTI BROCCOLI/CHEESE SALAD, FRUIT ITALIAN BREAD	BREAKFAST YOGURT MUFFINS, FRUIT LUNCH BBQ SAUSAGE SANDWICH FRIES, SALAD CUP FRUIT, PUDDING
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
NATIVE AMERICAN DAY!  NO SCHOOL!!!	BREAKFAST BREAKFAST BURRITO GRITS, FRUIT LUNCH MEATLOAF/GRAVY MASHED POTATOES GREEN PEAS FRUIT, ROLL	BREAKFAST HAM/CHEESE ROLLS YOGURT, FRUIT LUNCH TAMALE PIE CORN, SALAD FRUIT JELLO	BREAKFAST PANCAKE ON STICK GRITS, FRUIT LUNCH CHICKEN NUGGETS TOTS CARROT/CUCUMBER FRUIT, ROLL	BREAKFAST CEREAL POPARTS, FRUIT LUNCH VEGETABLE SOUP GRILLED CHEESE SALAD FRUIT , COOKIE