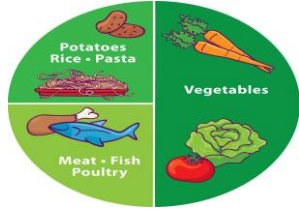


**CHITIMACHA  
TRIBAL SCHOOL  
MEALS  
PROVIDE YOU WITH  
HEALTHIER  
CHOICES**



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 Canned Fruits Weekly Also 100% Fruit Juices

WG=WHOLE GRAIN

CHOICE OF MILK SERVED DAILY WITH BREAKFAST AND LUNCH

September/October		LUNCH			2018-2019				
MONDAY	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
LABOR DAY NO SCHOOL	CHICKEN NUGGETS 20Z TOTS 1/2C CARROTS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C	JAMBALAYA 2 OZ BLACKEYE PEAS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C	PEPPERONI PIZZA 20Z CORN 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C CARROT STICKS 1/2C MILK 1C COOKIE 1 EA.	BAKED HAM 20Z MAC N CHEESE 1/2C GREEN BEANS 1/2C SALAD CUP 1/2C WG ROLL 20Z MILK 1C JUICE 1/2C	BEEF SPAGETTI 20Z CORN 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 2 OZ MILK 1C JUICE 1/2C	SLOPPY JOES 20Z WG BUNS 20Z TOTS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C MILK 1C CHOC PUDDING 1/4C	FISH STICKS 20Z WG mac n cheese 1/2c SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C	HAM N CHEESE SANDWICH 20Z BAG OF CHIPS 10Z OR TOTS STACK OF TRIM 1/2C FRUIT CUP 1/2C MILK 1C	BBQ PORK CHOPS 20Z pork n beans 1/2c SALAD CUP 1/2C fruit CUP 1/2C WG ROLL 20Z MILK 1C JUICE 1/2C
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21	MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
BEEF STROGNOFF GREEN BEANS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 2 OZ MILK 1C JUICE 1/2C	CORN DOGS 20ZM/MA FRIES 1/2C SALAD CUP 1/2C PORK N BEANS 1/2C FRUIT CUP 1/2C MILK 1C	SAUSAGE CREOLE 20Z WG RICE 1/2C BROCCOLI/CHEESE 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C	BEEF NACHOS 20Z NACHO CHIPS 10Z CORN 1/2C STACK OF TRIM 1/2C CHEESE SAUCE 10Z FRUIT CUP 1/2C MILK 1C	PIG N BLANKET 20Z CHEESY POTATOES 1/2C GREEN PEAS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C	BEEF TACOS 2 EA. CORN 1/2C CHEESE CUP 10Z SALSA CUP 10Z STACK OF TRIM 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C	RED BEANS/SAUSAGE 1/2 RICE 1/2C CANDIED YAMS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C MILK 1C JELLO CUP 1/4C WG ROLL 20Z	BEEF LASAGNA 20Z CARROTS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C	HAMBURGERS 20Z WG BUNS 20Z TOTS 1/2C STACK OF TRIM 1/2C FRUIT CUP 1/2C MILK 1C COOKIE 1 EA.	CHICKEN/SAUSAGE GUMBO 20Z WG RICE 1/2C POTATO SALAD 1/2C WG ROLL 20Z FRUIT CUP 1/2C MILK 1C JUICE 1/2C
MONDAY OCT 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	<p>NATIVE AMERICAN DAY NO SCHOOL</p>				
	Beef a Roni 2oz corn 1/2c SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C	BEEF STEAK FINGERS 20Z MASH POTATOES 1/2C WINTERBLEND 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C	HOT DOGS/CHILI 20Z FRIES 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG HD BUN 20Z MILK 1C	MANAGERS  CHOICE DAY  MILK 1C JUICE 1/2C					

