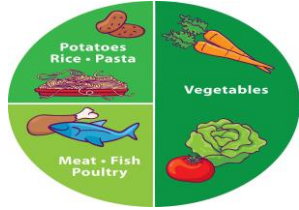


**CHITIMACHA  
TRIBAL SCHOOL  
MEALS  
PROVIDE YOU WITH  
MORE HEALTHIER  
CHOICES**



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

WG=WHOLE GRAIN

CHOICE OF MILK SERVED DAILY WITH BREAKFAST AND LUNCH

DEC 17-JAN 18		LUNCH		2018-2019	
MONDAY DEC 17	TUESDAY DEC 18	WEDNESDAY DEC 19	THURSDAY DEC 20	FRIDAY NOV 16	
BAKED HAM 20Z MAC N CHEESE GREEN BEANS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 2 OZ. MILK 1C JUICE 1/2C	CHICKEN NUGGETS 20Z TOTS 1/2C CARROTS 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C WG ROLL 20Z MILK 1C	BAG LUNCHES TURKEY SANDWICHES PICKLES SLICES 1/4C POTATO CHIPS 1/2C FRUIT CUP 1/2C MILK 1C	PEPPERONI PIZZA 20Z CORN 1/2C SALAD CUP 1/2C FRUIT CUP 1/2C CARROT STICKS 1/2C MILK 1C	OFF  CHRISTMAS  HOLIDAYS	
MONDAY DEC 24	TUESDAY DEC 25	WEDNESDAY DEC 26	THURSDAY DEC 27	FRIDAY DEC 28	
OFF	MERRY  CHRISTMAS	OFF	OFF	OFF	
MONDAY DEC 31	TUESDAY JAN 1	WEDNESDAY JAN 2	THURSDAY JAN 3	FRIDAY JAN 4	
OFF	2019  HAPPY NEW YEAR	OFF	OFF	OFF	
MONDAY JAN 7	TUESDAY JAN 8	WEDNESDAY JAN 9	THURSDAY JAN 10	FRIDAY JAN 11	
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 GREEN BEANS 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 JAN 14	TUESDAY JAN 15	WEDNESDAY JAN 16	THURSDAY JAN 17	FRIDAY JAN 18	
CHICKEN PATTY 20Z WG BUNS 2 OZ TOTS 1/2C STACK OF TRIM 1/2C FRUIT CUP 1/2C CHOC PUDDING 1/2C MILK 1C JUICE 1/2C	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   MILK1C JUICE 1/2C	



**B**