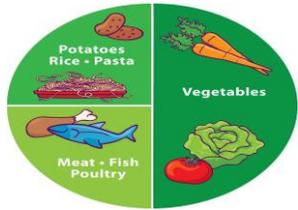


AUGUST 2016

**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.

Fresh and Canned Fruit Served Daily

MONDAY 8 BREAKFAST BISCUITS SAUSAGE LUNCH TACOS CORN, SALAD FRUIT COOKIE Choice of Milk	TUESDAY 9 BREAKFAST GRITS TOAST LUNCH RED BEANS/SAUSAGE RICE WINTER BLEND CORNBREAD Choice of Milk	WEDNESDAY 10 BREAKFAST SCRAMBLED EGGS HASHBROWNS LUNCH BEEF STROGANOFF GREEN BEANS, SALAD FRUIT, ROLLS Choice of Milk	THURSDAY 11 BREAKFAST CEREAL TOAST LUNCH BBQ CHICKEN BAKED POTATOES PORK-N-BEANS FRUIT, BREAD Choice of Milk	FRIDAY 12 BREAKFAST CINNAMON ROLLS OATMEAL LUNCH HAMBURGERS FRIES SALAD CUP FRUIT Choice of Milk
MONDAY 15 BREAKFAST FRENCH TOAST HAM LUNCH CHICKEN NUGGETS MAC&CHEESE VEGGIE CUP FRUIT Choice of Milk	TUESDAY 16 BREAKFAST YOGURT POP TARTS LUNCH PIG-N-BLANKET FRIES SALAD FRUIT Choice of Milk	WEDNESDAY 17 BREAKFAST CHEESE GRITS MUFFINS LUNCH SWEET/SOUR PORK FRIED RICE ORIENTAL VEG. FRUIT, ROLL Choice of Milk	THURSDAY 18 BREAKFAST CEREAL TOAST LUNCH MEATLOAF MASHED POTATOES GREEN PEAS FRUIT, ROLLS Choice of Milk	FRIDAY 19 BREAKFAST WAFFLES SAUSAGE LUNCH PIZZA CORN TOSSED SALAD FRUIT Choice of Milk
MONDAY 22 BREAKFAST OMELET TOAST LUNCH JAMBALAYA YAMS, GREEN BEANS FRUIT ROLLS Choice of Milk	TUESDAY 23 BREAKFAST BISCUITS HAM LUNCH TAMALES CORN FRUIT PUDDING Choice of Milk	WEDNESDAY 24 BREAKFAST PANCAKES SAUSAGE LUNCH SAUSAGE SPAGHETTI BROCCOLI/CHEESE SALAD, FRUIT ITALIAN BREAD Choice of Milk	THURSDAY 25 BREAKFAST CEREAL POPTARTS LUNCH NACHOS CORN SALAD Choice of Milk	FRIDAY 26 BREAKFAST CINNAMON STICKS GRITS LUNCH SHRIMP STEW RICE SALAD CUP FRUIT, ROLLS Choice of Milk
MONDAY 29 BREAKFAST FRENCH TOAST HAM LUNCH CHICKEN FRIED STEAK MASHED POTATOES MIXED VEG., FRUIT ROLL Choice of Milk	TUESDAY 30 BREAKFAST MUFFINS YOGURT LUNCH LASAGNA CORN SALAD, FRUIT ITALIAN BREAD Choice of Milk	WEDNESDAY 31 BREAKFAST HASHBROWNS WAFFLES LUNCH VEG. SOUP CHEESE SANDWICH FRUIT JELLO Choice of Milk	THURSDAY	FRIDAY