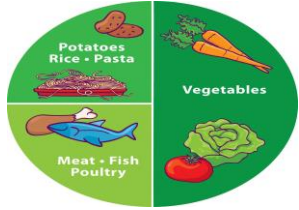


**CHITIMACHA  
TRIBAL SCHOOL  
MEALS  
PROVIDE YOU WITH  
MORE HEALTHIER  
CHOICES**



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

Aug 5-Sept 6				
LUNCH				
2019-2020				
Monday Aug 5	Tuesday Aug 6	Wednesday Aug 7	Thursday Aug 8	Friday Aug 9
G Beef Spaghetti 2 oz. WG Noodles 1/2c Corn 1/2c Salad cup 1/2c Fruit cup 1/2c WG Roll 2 Oz. Milk 1c Fruit juice 1/2c	Corn Dogs 2oz. Tator Tots 1/2c Pork n Beans 1/2c Salad cup 1/2c Fruit cup 1/2c Milk 1c	Chicken/Sausage Jambalya 2oz. Blackeye Peas 1/2c Salad cup 1/2c Fruit cup 1/2c WG Roll 20z. Milk 1c	Chicken Nuggets 5 ea. Tator Tots 1/2c Salad cup 1/2c Fruit cup 1/2c Sliced Carrots 1/2c *oatmeal cookie 1 ea. Milk 1c	Beef/bean Chili 20z Crackers 2 pks. Salad cup 1/2c Fruit cup 1/2c cucumber/carrot cup Roll 2oz Milk 1c Fruit juice 1/2c
Monday Aug 12	Tuesday Aug 13	Wednesday Aug 14	Thursday Aug 15	Friday Aug 16
Sausage Creole 1/2c WG Rice 1/2c Green Beans 1/2c Salad cup 1/2c Fruit cup 1/2c WG Roll 2oz Milk 1c Fruit Juice 1/2c	Beef Nachos 2oz Totillia chips 2oz Corn 1/2c Nacho cheese 2oz Stack of Trim 1/2c Fruit cup 1/2c Milk 1c	Red Beans/Sausage Rice 1/2c Candied Yams 1/2c Salad cup 1/2c Fruit cup 1/2c WG Roll 2oz Milk 1c	Pepp and Cheese pizza Corn 1/2c Salad cup 1/2c Fruit cup 1/2c WG Roll 2oz Milk 1c	Beef Tips/Gravy WG Rice 1/2c Blackeye Peas 1/2c Salad cup 1/2c Fruit cup 1/2c WG Roll 2oz Milk 1c Fruit Juice 1/2c
Monday Aug 19	Tuesday Aug 20	Wednesday Aug 21	Thursday Aug 22	Friday Aug 23
Pig N Blanket 20z Cheesy Potatoes 1/2c Green Peas 1/2c Salad cup 1/2c Fruit Cup 1/2c *Jello cup 1/2c Milk 1c Fruit Juice 1/2c	Chili Fritos 2oz Corn 1/2c Cheese cup 1oz Salad trim 1/2c Fruit cup 1/2c Milk 1c	Beef /cheese Lasagna Green Beans 1/2c Salad cup 1/2c Fruit Cup 1/2c WG Roll 2oz Milk 1c	Chicken Patty burger HB Buns French Frys 1/2c Salad Trim 1/2c Fruit cup 1/2c Milk 1c	BBQ Pork Chops 2oz Dirty Rice 1/2c Pork n Beans 1/2c Salad cup 1/2c Fruit cup 1/2c WG Roll 2oz Milk 1c Fruit Juice 1/2c
Monday Aug 26	Tuesday Aug 27	Wednesday Aug 28	Thursday Aug 29	Friday Aug 30
White Beans/ Sausage WG Rice 1/2c Broccilli/Cheese 1/2c Salad cup 1/2c Fruit cup 1/2c WG Roll 2oz Milk 1c Fruit Juice 1/2c	Hot Dogs/ Chili Cheese cups 1oz Tator Tots 1/2c Corn 1/2c Salad cup 1/2c Fruit cup 1/2c Milk 1c	Veg/ Beef Soup 1/2 Grill Cheese sand. Salad cup 1/2c Fruit cup 1/2c WG Roll 2oz Milk 1c	Hamburger Steak 2oz Mash potatoes/ gravy Green Beans 1/2c Salad cup 1/2c Fruit Cup 1/2c WG Roll 2oz Milk 1c	Chicken/Sausage Gumbo Rice 1/2c Potato Salad 1/2c Salad cup 1/2c Fruit cup 1/2c WG roll 2 oz Milk 1c
Monday Sept. 2	Tuesday Sept. 3	Wednesday Sept. 4	Thursday Sept 5	Friday Sept. 6
	Baked Ham Slice 2oz mac n cheese 1/2c Mixed Veg 1/2c Salad cup 1/2c Fruit cup 1/2c WG Roll 2oz Milk 1c	Beef Strognoff Green Beans 1/2c Salad cup 1/2c Fruit cup 1/2c WG Roll 2oz Milk 1c	Hamburgers HB buns French Frys 1/2c Stack of Trim 1/2c Pickle cup 1oz Fruit cup 1/2c *Choc. Pudding 1/4c Milk 1c	Beef Taco Soup Corn 1/2c Salad cup 1/2c Fruit cup 1/2c WG roll 2oz Milk 1c Fruit Juice 1/2c

