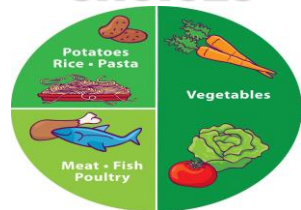


**CHITIMACHA
TRIBAL SCHOOL
MEALS
PROVIDE YOU WITH
MORE HEALTHIER
CHOICES**



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 and cucumbers

Our Stack of Trim is Iceberg Lettuce, Tomatoes, & Pickle Slices

Half the Grains we serve for Breakfast are Whole Wheat/Whole Grain.
Half the Grains we serve for ve for 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
Fresh Mix Fruit= canalo, grapes
WG=WHOLE GRAIN

CHOICE OF MILK SERVED DAILY WITH BREAKFAST AND LUNCH

*=Fresh fruit or dessert
Menu subject to change

Mar.16-April 17		LUNCH 2020		
Monday March 16	Tuesday March 17	Wednesday Mar. 18	Thursday March 19	Friday March 20
G Beef Spaghetti 2 oz. WG Noodles 1/2c Corn 1/2c Salad cup 1/2c Fruit cup 1/2c WG Roll 2 Oz. Fruit juice 1/2c Milk 1c	Corn Dogs 2oz. Tator Tots 1/2c Pork n Beans 1/2c Salad cup 1/2c *Fresh Mix fruit 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. Potato Fries 1/2c Salad cup 1/2c *Fresh oranges 1/2 Sliced Carrots 1/2c milk 1c	Tuna Salad Sand. Potato Chips 2oz Salad cup 1c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c *Cookie
Monday March 23	Tuesday March 24	Wednesday March 25	Thursday March 26	Friday March 27
Baked Ham 2oz Mac n Cheese 1/2c Mix Veg Blend 1/2c Salad cup 1/2c *Fresh Grape Cup roll 2 oz. Milk 1c Fruit juice 1/2c	Beef Steak Fingers Mashed Potatoes Green Beans 1/2c Salad Cup 1/2c Fruit cup 1/2c Roll 2 oz Milk 1c *Jello cup 1/2c	Sloppy Joes 2oz HB Buns 20z Tator Tots 1/2c Slice Carrots 1/2c Fruit cup 1/2c Salad cup 1/2c Milk 1c	Beef tacos Corn 1/2c Cheese cup 1oz c Salsa Cup Salad trim 1/2c Fresh Apple Slices Milk 1c	Shrimp Stew 2oz Rice 1/2c Potato Salad 1/2c Salad Cup 1/2c Fruit cup 1/2c Roll 2oz Milk 1c Fruit Juice 1/2c
Monday March 30	Tuesday March 31	Wednesday April 1	Thursday April 2	Friday April 3
BBQ Chicken 2oz Dirty Rice 1/2c Pork N Beans 2oz Salad cup 1/2c Fruit cup 1/2c roll 2 oz. Milk 1c Fruit juice 1/2c	Sausage Creole Rice 1/2c Green Beans 1/2c Salad Cup 1/2c Fruit cup 1/2c Roll 2 oz Milk 1c	Beef Taco Soup Corn Chips 1 oz Cheese cups 1 oz Fruit cup 1/2c Salad cup 1/2c Milk 1c	Hot Dogs/Chili 2oz Hot Dog buns 2oz Tator Tots 1/2c Salad cup 1/2c Fruit cup 1/2c Milk 1/2c	Fish sticks 2oz Mac N cheese 1/2c Green beans 1/2c salad cup 1/2c Fresh canalo,pe&Grape Roll 2oz Milk 1c Fruit Juice 1/2c
Monday April 6	Tuesday April 7	Wednesday April 8	Thursday April 9	Friday April 10
Meatball Stew 2oz Rice 1/2c Corn 1/2c Salad cup 1/2c Fruit cup 1/2c roll 2 oz. Milk 1c Fruit Juice 1/2c	Red Beans/Sausage WG Rice 1/2 c Broccilli/Cheese 1/2c Roll 2 oz Salad cup 1/2c Fruit cup 1/2c Milk 1c	Beef Stoganoff 2oz Green Beans 1/2c Salad cup 1/2c *Fresh Oranges 1/2 WG Roll 2oz Milk 1c	Chili Fritos 2oz Cheese cup 1oz c Corn Chips 2oz Corn 1/2c Fruit cup 1/2c Salad cup 1/2c Milk 1c	Off
Monday April 13	Tuesday April 14	Wednesday April 15	Thursday April 16	Friday April 17
Off	Easter	Spring	Break	Off

