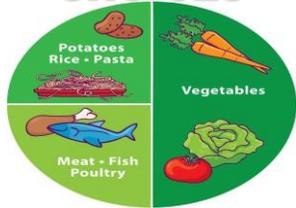


OCTOBER 2016

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.

WE SERVE A VARIETY OF MEATS EACH WEEK.

We serve Fresh and Can Fruits Weekly Also 100% Fruit Juices

CHOICE OF MILK SERVED DAILY WITH BREAKFAST AND LUNCH

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
BREAKFAST BREAKFAST BURRITO GRITS FRUIT LUNCH RED BEANS/SAUSAGE RICE RICE WINTER BLEND CORNBREAD	BREAKFAST DONUTS SAUSAGE FRUIT LUNCH CHICKEN /SAUSAGE GUMBO POTATO SALAD GREEN BEANS ROLLS	BREAKFAST BISCUIT HAM FRUIT LUNCH PIG-N- BLANKET FRIES BAKED BEANS FRUIT	BREAKFAST CEREAL TOAST FRUIT LUNCH CHILI/BEANS SALAD FRUIT CRACKERS COOKIE	BREAKFAST NO SCHOOL FALL BREAK 
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
NO SCHOOL FALL BREAK 	BREAKFAST SCRAMBED EGGS TOAST AND FRUIT LUNCH COUNTRY FRIED STEAK MASHED POTATOES CORN, FRUIT, ROLLS	BREAKFAST YOGURT, MUFFINS, FRUIT LUNCH BBQ SAUSAGE SAND. TATOR TOTS SALAD CUP & FRUIT	BREAKFAST CEREAL, POP TART FRUIT LUNCH MEATBALL STEW RICE, BLACKEYE PEAS OR GREEN PEAS FRUIT ROLLS	BREAKFAST OATMEAL CINNAMON ROLLS FRUIT LUNCH TACOS, CHEESE CUP SALAD CUP, JELLO COOKIE
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
BREAKFAST FRENCH TOAST STICKS HASH BROWNS FRUIT LUNCH BAKED HAM CREAMED POTATOES BROCCOLI/CHEESE FRUIT AND ROLLS	BREAKFAST BISCUITS SAUSAGE FRUIT LUNCH HAMBURGERS FRIES BAKED BEANS SALAD CUP & FRUIT	BREAKFAST PANCAKES ON A STICK, GRITS FRUIT LUNCH BAKED CHICKEN POTATOES AUGRATIN GREEN BEANS FRUIT AND ROLLS	BREAKFAST CEREAL CINNAMON TOAST FRUIT LUNCH MEATBALL SPAGHETTI SALAD FRUIT & ITALIAN BREAD	BREAKFAST BREAKFAST PIZZA GRITS LUNCH HOT DOG/CHILI CHEESE CUP VEGGIE CUP FRIES FRUIT PUDDING
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
BREAKFAST EGGS TOAST FRUIT LUNCH CHICKEN PATTY SANDWICH FRIES, SALAD, FRUIT	BREAKFAST MUFFINS GRITS & FRUIT LUNCH WHITE BEANS SAUSAGE RICE BROCCOLI / CHEESE FRUIT, CORNBREAD	BREAKFAST HASHBROWNS SAUSAGE & FRUIT LUNCH HAM/CHEESE SANDWICH TOTS, SALAD CUP FRUIT	BREAKFAST CEREAL TOASTER PASTRY FRUIT LUNCH JAMBALAYA YAMS, GREEN BEANS FRUIT, SALAD, ROLLS	BREAKFAST OATMEAL CINNAMON STICKS FRUIT LUNCH SLOPPY JOES FRIES, CORN COBBETT FRUIT
MONDAY 31				
BREAKFAST SAUSAGE, FRENCH TOAST STICKS, FRUIT LUNCH MEATLOAF CREAMED POTATOES PEAS & CARROTS FRUIT AND ROLLS				

