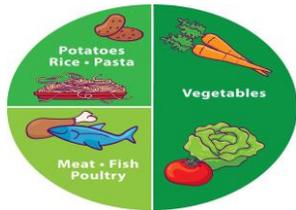


**CHITIMACHA
TRIBAL SCHOOL**

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 Canned Fruits Weekly

Also 100% Fruit Juices

CHOICE OF MILK SERVED DAILY WITH
BREAKFAST AND LUNCH

SEPTEMBER			THURSDAY 1	FRIDAY 2
			BREAKFAST	BREAKFAST
			CEREAL	SCRAMBLE EGGS
			TOAST AND FRUIT	HASHBROWNS
			LUNCH	FRUIT
			CHICKEN STEW/RICE	LUNCH
			BLACKEYE PEAS	PIZZA
			CUCUMBER CUP	SALAD
			FRUIT AND ROLLS	CORN ON COB, FRUIT
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	YOGURT	WAFFLES	CEREAL	CINNAMON ROLLS
	MUFFIN AND FRUIT	SAUSAGE AND FRUIT	POP TARTS & FRUIT	OATMEAL AND FRUIT
	LUNCH	LUNCH	LUNCH	LUNCH
WHITE BEANS/RICE	HAM & CHEESE	BEEF STEW, RICE	CHILI FRITOS	
NO SCHOOL	SAUSAGE	FRIES	TOSSED SALAD	CORN, SALAD CUP
	WINTER BLEND, FRUIT	SALAD CUP, FRUIT	SWEET PEAS, FRUIT	FRUIT, COOKIE
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
FRENCH TOAST	BREAKFAST BURRITO	BISCUITS	CEREAL	BREAKFAST PIZZA
SAUSAGE AND FRUIT	GRITS AND FRUIT	SAUSAGE AND FRUIT	TOAST AND FRUIT	GRITS AND FRUIT
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
MEATLOAF	HOT DOGS	RED BEANS/RICE	TACOS	BBQ SAUSAGE
MASHED POTATOES	TATOR TOTS	PORK CHOPS	CORN, SALAD CUP	SANDWICH
GREEN BEANS	VEGGIE CUP	BROCCOLI/CHEESE	SALSA	SALAD CUP
FRUIT AND ROLLS	FRUIT AND JELLO	FRUIT AND ROLLS	COOKIE AND FRUIT	FRIES AND FRUIT
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
WAFFLES	BISCUITS	GRITS, TOAST	CEREAL	HASHBROWNS
HAM	SCRAMBLED EGGS	SAUSAGE PATTIE	TOAST	SAUSAGE
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
CHILIE/BEANS	PIG N BLANKET	COUNTRY FRIED STEAK	BAKED CHICKEN	CORN DOG
TOSSED SALAD	MAC/CHEESE	MASHED POTATOES	POTATOES	FRIES
FRUIT	BAKED BEANS	PEAS & CARROTS	SALAD CUP	VEGGIE CUP
CRACKERS	FRUIT AND ROLLS	FRUIT AND ROLLS	FRUIT	FRUIT AND COOKIE
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	PANCAKES	FRENCH TOAST	CEREAL	YOGURT
	HAM	GRITS, TOAST	POP TARTS	MUFFINS
	LUNCH	LUNCH	LUNCH	LUNCH
CHICKEN NUGGETS	CHICKEN STEW/RICE	SAUSAGE SPAGHETTI	TUNA SANDWICH	
NATIVE AMERICAN DAY!	FRIES	PEAS & CARROTS	TOSSED SALAD	CHIPS
	SALAD CUP	FRUIT	ITALIAN BREAD	FRUIT
NO SCHOOL	FRUIT AND ROLLS	ROLLS	FRUIT	PUDDING