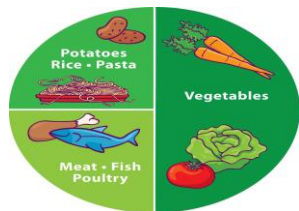


**CHITIMACHA TRIBAL
SCHOOL MEALS
PROVIDE YOU WITH
MORE HEALTHIER
CHOICES**



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
HALF THE GRAINS WE SERVE FOR LUNCH are Whole Wheat/Whole Grain.

FRESH AND CANNED FRUIT SERVED DAILY for Breakfast and Lunch

Choice of 100% Juice and Milk Served Daily for Breakfast

CHOICE OF MILK FOR LUNCH

WG=WHOLE GRAIN

Breakfast 2020

Jan 6-Feb 7

Monday, Jan 6 Biscuits 2oz Scrambled Eggs Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Tuesday Jan 7 Pancakes/syrup Yogurt 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Wednesday Jan 8 Biscuits 2oz Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday Jan 9 WG Cereal 1c Poptarts 1 ea. Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Friday Jan 10 Donuts 1 ea. Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c
Monday Jan 13 Muffins 2 oz Sausage Patty 2oz Fruit cup 1/2cv Milk 1c Fruit Juice 1/2c	Tuesday Jan 14 Oatmeal 1/2c Cinnamon toast Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Wednesday Jan 15 Breakfast Pizza Grits 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday Jan 16 WG Cereal 1c Fruit Yogurt 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2	Friday Jan 17 Sliced Ham 2oz Hashbrown 1ea. Fruit cup 1/2c Milk 1c Fruit Juice 1/2c
Monday Jan 20 Biscuits 2oz Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Tuesday Jan 21 Eggo Waffles Yogurt 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Wednesday Jan 22 Biscuits 2oz Slice Ham 2 oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday Jan 23 WG Cereal 1c Poptarts 1 ea. Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Friday Jan 24 Cinnamon Rolls Sausage Patty Fruit cup 1/2c Milk 1c Fruit Juice 1/2c
Monday Jan 27 Biscuits 2oz Sausage Patty 2 oz Fruit cup 1/2c Milk 1c Fruit juice 1/2c	Tuesday Jan 28 Pancakes on stick 2oz. Hashbrown 1 ea. Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Wednesday Jan 29 Cinnamon Toast Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday Jan 30 WG Cereal 1c Yogurt 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Friday Jan 31 Slice Ham 2 oz Grits 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c
Monday Feb 3 Donuts 1 ea. Scrambled eggs 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Tuesday Feb 4 French Toast Sticks Oatmeal 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Wednesday Feb. 5 Biscuits 2oz Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday Feb 6 WG Cereal 1c Poptart 1 ea. Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Friday Feb 7 Biscuits 2oz Hashbrowns 1 ea. Fruit cup 1/2c Milk 1c Fruit juice 1/2c

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