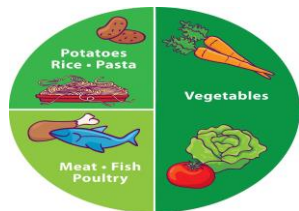


**CHITIMACHA TRIBAL
SCHOOL MEALS
PROVIDE YOU WITH
MORE HEALTHIER
CHOICES**



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

*= Fresh Fruits

WG=WHOLE GRAIN

Menu subject to change

Breakfast 2020

March 16-April 17

Monday, Mar.16 Biscuits 2oz Egg Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Tuesday Mar 17 Pancakes/syrup Yogurt 1/2c *Fresh Bananas 1/2 Milk 1c Fruit Juice 1/2c	Wednesday Mar. 18 Biscuits 2oz Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday Mar.19 WG Cereal 1c Poptarts 1 ea. *Fresh Banana 1/2 Milk 1c Fruit Juice 1/2c	Friday Mar.20 Donuts Grits 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c
Monday MAR 23 Cinnamon Rolls Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Tuesday Mar.24 Oatmeal 1/2c Cinnamon toast Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Wednesday Mar 25 Breakfast Pizza Grits 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday Mar 26 WG Cereal 1c Fruit Yogurt 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2	Friday Mar 27 Scrambled Eggs 1/2c Hashbrown 1ea. Fruit cup 1/2c Milk 1c Fruit Juice 1/2c
Monday Mar. 30 Donuts Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Tuesday Mar 31 French Toast Sticks Oatmeal 1/2c *Fresh Banana Milk 1c Fruit Juice 1/2c	Wednesday April 1 Biscuits 2oz Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday April 2 WG Cereal 1c Poptart 1 ea. *Fresh Banana Milk 1c Fruit Juice 1/2c	Friday April 3 Muffins Hashbrowns1 ea Fruit cup 1/2c Milk1c Fruit Juice 1/2c
Monday April 6 Biscuits 2oz Sausage Patty 2 oz Fruit cup 1/2c Milk 1c Fruit juice 1/2c	Tuesday April 7 Pancakes on stick 2oz. Hashbrown 1 ea. Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Wednesday April 8 Pancakes/syrup Sausage Patty 2oz Fruit Cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday April 9 WG Cereal 1c Fruit Yogurt 1/2c Fresh Orange slices Milk 1c Fruit Juice 1/2c	Friday April 10 Off Good Friday
Monday April 13 Off	Tuesday April 14 Easter	Wednesday April 15 Spring	Thursday April 16 Break	Friday April 17 Off

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