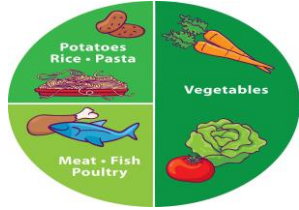


**CHITIMACHA
TRIBAL SCHOOL
MEALS
PROVIDE YOU WITH
MORE HEALTHIER
CHOICES**



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

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

BREAKFAST

MONDAY JAN. 8 PANCAKES/SYRUP 2 EA HASHBROWNS 1 EA FRUIT CUP 1/2 C JUICE 1/2 C MILK 1 C	TUESDAY JAN. 9 GRITS 1/2C SAUSAGE 1 OZ FRUIT CUP 1/2 C JUICE 1/2C MILK 1 C	WEDNESDAY JAN. 10 EGGS 2OZ TOAST/JELLY 1OZ FRUIT CUP 1/2C JUICE 1/2 C MILK 1 C	THURSDAY JAN. 11 CEREAL 1 EA POP TART 1 EA FRUIT CUP 1/2 C JUICE 1/2 C MILK 1 C	FRIDAY JAN. 12 CINNAMON STICKS 1OZ OATMEAL 1/2 C FRUIT CUP 1/2 C JUICE 1/2 C MILK 1 C
MONDAY JAN. 15 BISCUITS/ JELLY 2 OZ SAUSAGE 1OZ FRUIT CUP 1/2 C JUICE 1/2 C MILK 1 C	TUESDAY JAN. 16 FRENCH TOAST. 3 EA HAM 1OZ FRUIT CUP 1/2 C JUICE 1/2C MILK 1C	WEDNESDAY JAN. 17 CHEESE OMELET GRITS FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	THURSDAY JAN. 18 CEREAL 1 EA CINNAMON TOAST 1OZ FRUIT CUP 1/2 C JUICE 1/2C MILK 1 C	FRIDAY JAN. 19 DONUTS YOGURT 1 EA FRUIT CUP 1/2C JUICE 1/2 C MILK 1 C
MONDAY JAN. 22 HASHBROWNS 1 EA. SAUSAGE 1OZ FRUIT CUP 1/2C JUICE 1/2C MILK 1C	TUESDAY JAN. 23 DONUTS 1 EA YOGURT FRUIT CUP 1/2C JUICE 1/2 C MILK 1 C	WEDNESDAY JAN. 24 BREAKFAST BURRITO GRITS FRUIT CUP 1/2C 1/2C MILK 1C	THURSDAY JAN. 25 CEREAL 1 EA TOAST/JELLY 1 OZ FRUIT CUP 1/2C JUICE 1/2C MILK 1C	FRIDAY JAN. 26 CINNAMON ROLLS 2OZ OATMEAL 1/2 C FRUIT CUP 1/2C JUICE 1/2C MILK 1C
MONDAY JAN. 29 BREAKFAST PIZZA1 EA GRITS FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	TUESDAY JAN. 30 WAFFLES/SYRUP 2 EA SAUSAGE 1 OZ FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	WEDNESDAY JAN. 31 EGGS 2OZ HAM 1 OZ FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	THURSDAY FEB.1 CEREAL 1 EA POPTARTS 1 EA FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	FRIDAY FEB.2 BISCUITS/JELLY 1 OZ HAM 1 OZ FRUIT CUP 1/2 C JUICE 1/2C MILK 1 C
MONDAY FEB.5 CHEESE OMELET 2OZ POP TARTS 1 EA FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	TUESDAY FEB.6 FRENCH TOAST /SYRUP 3 SAUSAGE 1OZ FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	WEDNESDAY FEB.7 MUFFINS 2OZ YOGURT 1 EA FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	THURSDAY FEB.8 CEREAL 1 EA POPTARTS 1 EA FRUIT CUP 1/2C JUICE 1/2C MILK 1 C	FRIDAY FEB.9 BISCUITS/JELLY 1OZ HAM 1OZ FRUIT CUP 1/2C JUICE 1/2C MILK 1C

