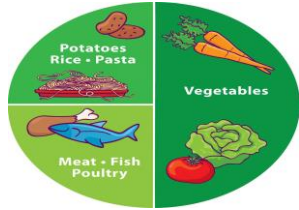


**CHITIMAGHA TRIBAL  
SCHOOL MEALS  
PROVIDE YOU WITH  
MORE HEALTHIER  
CHOICES**



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 2018-2019

Nov 12-Dec 20

MONDAY Nov 12 BISCUITS/JELLY 2OZ SAUSAGE PATTY 1 FRUIT CUP 1/2C MILK 1C JUICE 1/2C	TUESDAY Nov 13 EGGS 2 OZ hashbrowns 1 ea. fruit cup 1/2c MILK 1C JUICE 1/2C	WEDNESDAY Nov 14 PANCAKES ON STICK YOGURT 1 EA. FRUIT CUP 1/2C MILK 1C JUICE 1/2C	THURSDAY Nov 15 WG CEREAL 1 EA. POPARTS 1 EA. FRUIT CUP 1/2C MILK 1C JUICE 1/2C	FRIDAY Nov 16 FRENCH TOAST STICK SAUSAGE PATTY 2oz fruit cup 1/2c milk 1c juice 1/2c
MONDAY Nov 19	TUESDAY Nov 20	WEDNESDAY Nov 21	THURSDAY Nov 22	FRIDAY NOV 23
OFF	OFF	Thanksgiving	Holiday	OFF
MONDAY NOV 26 BISCUITS/JELLY SAUSAGE PATTY 1 FRUIT CUP 1/2C MILK 1C JUICE 1/2C	TUESDAY NOV 27 EGGS 2 OZ HASHBROWN 1 EA FRUIT CUP 1/2C MILK 1C JUICE 1/2C	WEDNESDAY NOV 28 PANCAKE ON STICK YOGURT 1 EA FRUIT CUP 1/2C MILK 1C JUICE 1/2C	THURSDAY NOV 29 WG CEREAL 1 EA. POPARTS 1 EA.. FRUIT CUP 1/2C MILK 1C JUICE 1/2C	FRIDAY NOV 30 FRENCH TOAST STICK SAUSAGE PATTY FRUIT CUP 1/2C MILK 1C JUICE 1/2C
MONDAY Dec 03 WG PANCAKES/SYRUP YOGURT 1 EA. FRUIT CUP 1/2C MILK 1C JUICE 1/2C	TUESDAY Dec 04 BREAKFAST PIZZA 1EA GRITS 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C	WEDNESDAY Dec 05 BISCUIT/JELLY SAUSAGE PATTY FRUIT CUP 1/2C MILK 1C JUICE 1/2C	THURSDAY Dec 06 WG CEREAL 1 EA. CINNAMON TOAST FRUIT CUP 1/2C MILK 1C. JUICE 1/2C	FRIDAY Dec 07 HAM 2 OZ GRITS 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C
MONDAY Dec 10 MUFFINS 1 EA. YOGURT 1 EA. FRUIT CUP 1/2C MILK 1C JUICE 1/2C	TUESDAY Dec 11 EGGS 2OZ HASHBROWN 1 EA FRUIT CUP 1/2C MILK 1C. JUICE 1/2C	WEDNESDAY Dec 12 PANCAKE ON STICK YOGURT 1 EA FRUIT CUP 1/2C MILK 1C JUICE 1/2C	THURSDAY Dec 13 WG CEREAL 1 EA. POPARTS 1 EA. FRUIT CUP 1/2C MILK 1C JUICE 1/2C	FRIDAY Dec 14 Cinnamon Rolls 1 ea Sausage Patty 2oz Fruit cup 1/2c MILK 1c JUICE 1/2c

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