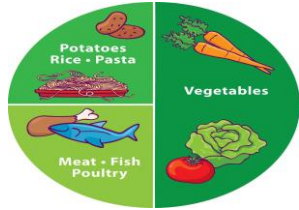


**CHITIMAGHA TRIBAL
SCHOOL MEALS
PROVIDE YOU WITH
MORE HEALTHIER
CHOICES**



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

OCT 08--NOV 09

| MONDAY OCT 8 | TUESDAY OCT 9 | WEDNESDAY OCT 10 | THURSDAY OCT 11 | FRIDAY OCT 12 |
|--|--|---|---|--|
| BISCUITS/JELLY 2OZ SAUSAGE PATTY 1 FRUIT CUP 1/2C MILK 1C JUICE 1/2C | EGGS 2 OZ hashbrowns 1 ea. fruit cup 1/2c MILK 1C JUICE 1/2C | PANCAKES ON STICK YOGURT 1 EA. FRUIT CUP 1/2C MILK 1C JUICE 1/2C | WG CEREAL 1 EA. POPARTS 1 EA. FRUIT CUP 1/2C MILK 1C JUICE 1/2C | OFF FALL BREAK |
| MONDAY OCT 15 | TUESDAY OCT 16 | WEDNESDAY OCT 17 | THURSDAY OCT 18 | FRIDAY OCT 19 |
| OFF FALL BREAK | BREAKFAST PIZZA GRITS 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C | BISCUIT/JELLY 2OZ SAUSAGE PATTY FRUIT CUP 1/2C MILK 1C JUICE 1/2C | WG CEREAL 1EA. CINNAMON TOAST FRUIT CUP 1/2C MILK 1C JUICE 1/2C | HAM 2OZ GRITS 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C |
| MONDAY OCT 22 | TUESDAY OCT 23 | WEDNESDAY OCT 24 | THURSDAY OCT 25 | FRIDAY OCT 26 |
| BISCUITS/JELLY SAUSAGE PATTY 1 FRUIT CUP 1/2C MILK 1C JUICE 1/2C | EGGS 2 OZ HASHBROWN 1 EA FRUIT CUP 1/2C MILK 1C JUICE 1/2C | PANCAKE ON STICK YOGURT 1 EA FRUIT CUP 1/2C MILK 1C JUICE 1/2C | WG CEREAL 1 EA. POPARTS 1 EA.. FRUIT CUP 1/2C MILK 1C JUICE 1/2C | FRENCH TOAST STICK SAUSAGE PATTY FRUIT CUP 1/2C MILK 1C JUICE 1/2C |
| MONDAY OCT 29 | TUESDAY OCT 30 | WEDNESDAY OCT 31 | THURSDAY NOV 1 | FRIDAY NOV 2 |
| WG PANCAKES/SYRUP YOGURT 1 EA. FRUIT CUP 1/2C MILK 1C JUICE 1/2C | BREAKFAST PIZZA 1EA GRITS 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C | BISCUIT/JELLY SAUSAGE PATTY FRUIT CUP 1/2C MILK 1C JUICE 1/2C | WG CEREAL 1 EA. CINNAMON TOAST FRUIT CUP 1/2C MILK 1C. JUICE 1/2C | HAM 2 OZ GRITS 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C |
| MONDAY NOV 5 | TUESDAY NOV 6 | WEDNESDAY NOV 7 | THURSDAY NOV 8 | FRIDAY NOV 9 |
| MUFFINS 1 EA. YOGURT 1 EA. FRUIT CUP 1/2C MILK 1C JUICE 1/2C | EGGS 2OZ HASHBROWN 1 EA FRUIT CUP 1/2C MILK 1C. JUICE 1/2C | PANCAKE ON STICK YOGURT 1 EA FRUIT CUP 1/2C MILK 1C JUICE 1/2C | WG CEREAL 1 EA. POPARTS 1 EA. FRUIT CUP 1/2C MILK 1C JUICE 1/2C | CINNAMON ROLL SAUSAGE PATTY 2OZ FRUIT CUP 1/2C MILK 1C JUICE 1/2C |