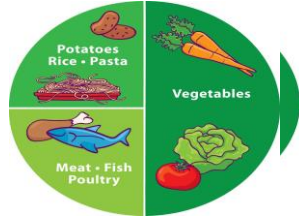


DECEMBER

CHITIMACHA TRIBAL SCHOOL MEALS PROVIDE YOU WITH HEALTHIER



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

Dec-17				
BREAKFAST		MENU		
MONDAY	TUESDAY	WEDNESDAY	Thursday	Friday 1
				eggs 2 oz toast/jelly 1 oz fruit cup 1/2 c juice 1/2 c milk 1 c
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
breakfast pizza grits 1/2C fruit cup 1/2C juice 1/2 c milk 1 c	yogurt muffins 2 oz fruit cup 1/2 c juice 1/2c milk 1 c	pancakes/syrup 2 ea hashbrowns 1 ea fruit cup 1/2 c juice 1/2 c milk 1 c	cereal 1 ea poptarts 1 ea. fruit cup 1/2 c juice 1/2 c milk 1 c	cinnamon rolls 2 oz oatmeal 1/2 c fruit cup 1/2 c juice 1/2 c milk 1 c
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
yogurt poptarts 1 ea. fruit cup 1/2 c milk 1 c juice 1/2c	biscuits sausage 1 oz fruit cup 1/2 c milk 1 c juice 1/2c	french toast 3 ea syrup ham 1 oz fruit cup 1/2 c milk 1 c juice 1/2c	cereal 1 ea toast/jelly 1 oz fruit cup 1/2 c milk 1c juice 1/2c	pancake on a stick 1 hashbrown 1 ea fruit cup 1/2 c milk 1 c juice 1/2c
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
waffles/syrup 2 ea sausage 1 oz fruit cup 1/2 c milk 1 c juice 1/2c	donuts 1 ea yogurt 1 ea fruit cup 1/2 c milk 1 c juice 1/2c	hashbrowns grits 1/2 c fruit 1/2c milk 1 c juice 1/2 c	cereal 1 ea poptarts 1 ea fruit 1/2 c milk 1 c juice 1/2c	
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	Friday 29
CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY

USDA IS AN EQUAL OPPORTUNITY PROVIDER