

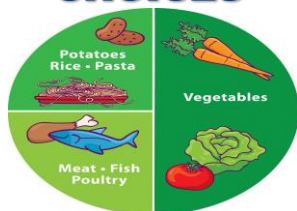
**CHITIMACHA
TRIBAL SCHOOL**

MEALS

PROVIDE YOU WITH

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 Fresh and Can Fruits Weekly
Also 100% Fruit Juices

CHOICE OF MILK SERVED DAILY WITH
BREAKFAST AND LUNCH

JANUARY 2018 BREAKFAST

<p>MONDAY 8</p> <p>PANCAKES/SYRUP 2 EA HASHBROWNS 1 EA FRUIT CUP 1/2 C JUICE 1/2 C MILK 1 C</p>	<p>TUESDAY 9</p> <p>GRITS 1/2C SAUSAGE 1 OZ FRUIT CUP 1/2 C JUICE 1/2C MILK 1 C</p>	<p>WEDNESDAY 10</p> <p>EGGS 2OZ TOAST/JELLY 1OZ FRUIT CUP 1/2C JUICE 1/2 C MILK 1 C</p>	<p>THURSDAY 11</p> <p>CEREAL 1 EA POP TART 1 EA FRUIT CUP 1/2 C JUICE 1/2 C MILK 1 C</p>	<p>FRIDAY 12</p> <p>CINNAMON STICKS 1OZ OATMEAL 1/2 C FRUIT CUP 1/2 C JUICE 1/2 C MILK 1 C</p>
<p>MONDAY 15</p> <p>BISCUITS/ JELLY 2 OZ SAUSAGE 1OZ FRUIT CUP 1/2 C JUICE 1/2 C MILK 1 C</p>	<p>TUESDAY 16</p> <p>FRENCH TOAST 3 EA HAM 1OZ FRUIT CUP 1/2 C JUICE 1/2C MILK 1C</p>	<p>WEDNESDAY 17</p> <p>CHEESE OMELET GRITS 1/2 C FRUIT CUP 1/2C JUICE 1/2C MILK 1 C</p>	<p>THURSDAY 18</p> <p>CEREAL 1 EA HASHBROWN 1 EA FRUIT CUP 1/2 C JUICE 1/2C MILK 1 C</p>	<p>FRIDAY 19</p> <p>DONUTS 1 EA YOGURT 1 EA FRUIT CUP 1/2C JUICE 1/2 C MILK 1 C</p>
<p>MONDAY 22</p> <p>BREAKFAST PIZZA 1 EA GRITS 1/2C FRUIT CUP 1/2C JUICE 1/2C MILK 1C</p>	<p>TUESDAY 23</p> <p>WAFFLES/SYRUP 2 EA SAUSAGE 1 OZ FRUIT CUP 1/2C JUICE 1/2 C MILK 1 C</p>	<p>WEDNESDAY 24</p> <p>EGGS 2 OZ HAM 1OZ FRUIT CUP 1/2C 1/2C MILK 1C</p>	<p>THURSDAY 25</p> <p>CEREAL 1 EA POP TARTS 1 EA FRUIT CUP 1/2C JUICE 1/2C MILK 1C</p>	<p>FRIDAY 26</p> <p>PANCAKE ON A STICK 1EA YOGURT 1 EA FRUIT CUP 1/2C JUICE 1/2C MILK 1C</p>
<p>MONDAY 29</p> <p>HASHBROWNS 1EA SAUSAGE 1OZ FRUIT CUP 1/2C JUICE 1/2C MILK 1 C</p>	<p>TUESDAY 30</p> <p>DONUTS 1 EA YOGURT 1 EA FRUIT CUP 1/2C JUICE 1/2C MILK 1 C</p>	<p>WEDNESDAY 31</p> <p>BREAKFAST BURRITO GRITS 1/2 C FRUIT CUP 1/2C JUICE 1/2C MILK 1 C</p>		

USDA IS AN EQUAL OPPORTUNITY PROVIDER

