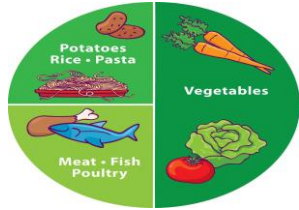


**CHITIMAGHA TRIBAL
SCHOOL MEALS
PROVIDE YOU WITH
HEALTHIER CHOICES**



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

September/October

MONDAY	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
LABOR DAY NO SCHOOL	EGGS 2 OZ hashbrowns 1 ea. fruit cup 1/2c MILK 1C	PANCAKES ON STICK YOGURT 1 EA. FRUIT CUP 1/2C MILK 1C	WG CEREAL 1 EA. POPARTS 1 EA. FRUIT CUP 1/2C MILK 1C	FRENCH TOAST STICK SAUSAGE PATTY FRUIT CUP 1/2C MILK 1C JUICE 1/2C
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
WG PANCAKE/SYRUP YOGURT 1 EA. FRUIT CUP 1/2 C MILK 1C JUICE 1/2C	BREAKFAST PIZZA GRITS 1/2C FRUIT CUP 1/2C MILK 1C	BISCUIT/JELLY 2OZ SAUSAGE PATTY FRUIT CUP 1/2C MILK 1C	WG CEREAL 1EA. CINNAMON TOAST FRUIT CUP 1/2C MILK 1C	HAM 2OZ GRITS 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
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	PANCAKE ON STICK YOGURT 1 EA FRUIT CUP 1/2C MILK 1C	WG CEREAL 1 EA. POPARTS 1 EA.. FRUIT CUP 1/2C MILK 1C	FRENCH TOAST STICK SAUSAGE PATTY FRUIT CUP 1/2C MILK 1C JUICE 1/2C
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
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	BISCUIT/JELLY SAUSAGE PATTY FRUIT CUP 1/2C MILK 1C	WG CEREAL 1 EA. CINNAMON TOAST FRUIT CUP 1/2C MILK 1C.	HAM 2 OZ GRITS 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C
MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
NATIVE AMERICAN DAY NO SCHOOL	EGGS 2OZ HASHBROWN 1 EA FRUIT CUP 1/2C MILK 1C.	PANCAKE ON STICK YOGURT 1 EA FRUIT CUP 1/2C MILK 1C	WG CEREAL 1 EA. POPARTS 1 EA. FRUIT CUP 1/2C MILK 1C	CINNAMON ROLL SAUSAGE PATTY 2OZ FRUIT CUP 1/2C MILK 1C JUICE 1/2C