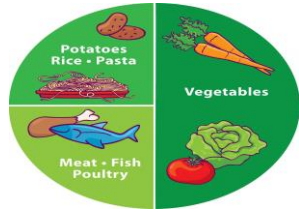


**CHITIMACHA TRIBAL
SCHOOL MEALS
PROVIDE YOU WITH
MORE HEALTHIER
CHOICES**



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 2019

Sept 9-Oct 11

Monday, Sept 9 Biscuits 2oz Scrambled Eggs Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Tuesday Sept 10 Pancakes/syrup Yogurt 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Wednesday Sept 11 Biscuits 2oz Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday Sept 12 WG Cereal 1c Poptarts 1 ea. Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Friday Sept 13 Slice Ham 2 oz Scrambled Eggs Fruit cup 1/2c Milk 1c Fruit Juice 1/2c
Monday sept 16 French Toast Sticks Grits 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Tuesday Sept 17 Pancake on stick Hashbrown Patty Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Wednesday Sept 18 Biscuit 2 oz Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday Sept 19 WG Cereal 1c Fruit Yogurt 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Friday Sept 20 Scrambled Eggs Hashbrown Patty Fruit cup 1/2c Milk 1c Fruit Juice 1/2c
Monday Sept 23 Biscuits 2oz Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Tuesday Sept 24 Cinnamon Toast Yogurt 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Wednesday Sept 25 Biscuits 2oz Slice Ham 2 oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday Sept 26 WG Cereal 1c Poptarts 1 ea. Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Friday Sept 27 Breakfast Pizza Grits 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c
Monday Sept 30 Off Native American Day	Tuesday Oct 1 Pancakes/Syrup Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Wednesday Oct 2 Eggo Waffle Scrambled eggs Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday Oct 3 WG Cereal 1c Fruit Yogurt 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Friday Oct 4 Slice Ham 2 oz Grits 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c
Monday Oct 7 Biscuits 2 oz Scrambled Eggs Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Tuesday Oct 8 Cinnamon Toast Yogurt 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Wednesday Oct 9 Biscuits 2oz Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday Oct 10 WG Cereal 1c Poptart 1 ea. Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Friday Oct 11 Cinnamon Roll 2oz Sausage Patty Fruit cup 1/2c Milk 1c Fruit Juice 1/2c

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