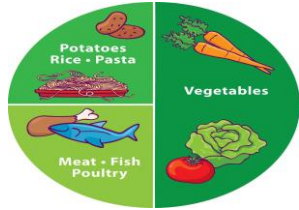


**CHITIMAGHA TRIBAL  
SCHOOL MEALS  
PROVIDE YOU WITH  
HEALTHIER CHOICES**



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

AUGUST

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY 3  |
|---|--|--|--|---|
|   |  |  |  | FRENCH TOAST STICK<br>SAUSAGE PATTY<br>FRUIT CUP 1/2C<br>MILK 1C<br>JUICE 1/2C              |
| MONDAY 6<br>WG PANCAKE/SYRUP<br>YOGURT 1 EA.<br>FRUIT CUP 1/2 C<br>MILK 1C<br>JUICE 1/2C  | TUESDAY 7<br>BREAKFAST PIZZA<br>GRITS 1/2C<br>FRUIT CUP 1/2C<br>MILK 1C      | WEDNESDAY 8<br>BISCUIT/JELLY<br>SAUSAGE PATTY<br>FRUIT CUP 1/2C<br>MILK 1C   | THURSDAY 9<br>WG CEREAL 1EA.<br>CINNAMON TOAST<br>FRUIT CUP 1/2C<br>MILK 1C    | FRIDAY 10<br>HAM 2OZ<br>GRITS 1/2C<br>FRUIT CUP 1/2C<br>MILK 1C<br>JUICE 1/2C               |
| MONDAY 13<br>BISCUITS/JELLY<br>SAUSAGE PATTY 1<br>FRUIT CUP 1/2C<br>MILK 1C<br>JUICE 1/2C | TUESDAY 14<br>EGGS 2 OZ<br>HASHBROWN 1 EA<br>FRUIT CUP 1/2C<br>MILK 1C       | WEDNESDAY 15<br>PANCAKE ON STICK<br>YOGURT 1 EA<br>FRUIT CUP 1/2C<br>MILK 1C | THURSDAY 16<br>WG CEREAL 1 EA.<br>POPTARTS 1 ES.<br>FRUIT CUP 1/2C<br>MILK 1C  | FRIDAY 17<br>FRENCH TOAST STICK<br>SAUSAGE PATTY<br>FRUIT CUP 1/2C<br>MILK 1C<br>JUICE 1/2C |
| MONDAY 20<br>WG PANCAKES/SYRUP<br>YOGURT 1 EA.<br>FRUIT CUP 1/2C<br>MILK 1C<br>JUICE 1/2C | TUESDAY 21<br>BREAKFAST PIZZA 1EA<br>GRITS 1/2C<br>FRUIT CUP 1/2C<br>MILK 1C | WEDNESDAY 22<br>BISCUIT/JELLY<br>SAUSAGE PATTY<br>FRUIT CUP 1/2C<br>MILK 1C  | THURSDAY 23<br>WG CEREAL 1 EA.<br>CINNAMON TOAST<br>FRUIT CUP 1/2C<br>MILK 1C. | FRIDAY 24<br>HAM 2 OZ<br>GRITS 1/2C<br>FRUIT CUP 1/2C<br>MILK 1C<br>JUICE 1/2C              |
| MONDAY 27<br>MUFFINS 1EA<br>YOGURT 1 EA<br>FRUIT CUP 1/2C<br>MILK 1C<br>JUICE 1/2C        | TUESDAY 28<br>EGGS 2OZ<br>HASHBROWN 1 EA<br>FRUIT CUP 1/2C<br>MILK 1C.       | WEDNESDAY 29<br>PANCAKE ON STICK<br>YOGURT 1 EA<br>FRUIT CUP 1/2C<br>MILK 1C | THURSDAY 30<br>WG CEREAL 1 EA.<br>POPTARTS 1 EA.<br>FRUIT CUP 1/2C<br>MILK 1C  | FRIDAY 31<br>CINNAMON ROLL<br>SAUSAGE PATTY 2OZ<br>FRUIT CUP 1/2C<br>MILK 1C<br>JUICE 1/2C  |