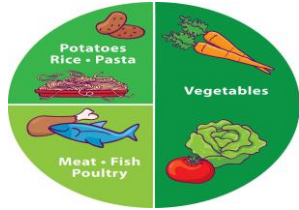


**CHITIMAGHA TRIBAL
SCHOOL MEALS
PROVIDE YOU WITH
MORE HEALTHIER
CHOICES**



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

DEC 18-JAN 19

MONDAY Dec 17	TUESDAY Dec 18	WEDNESDAY dec 19	THURSDAY DEC 20	FRIDAY Dec 21
Biscuits/Jelly 2 oz SASUSAGE PATTY 2OZ FRUIT CUP 1/2C MILK 1C JUICE 1/2C	EGGS 2 OZ HASHBROWNS 1.EA FRUIT CUP 1/2C MILK 1C JUICE 1/2C	pancakes of stick yogurt 1 ea. fruit cup 1/2c MILK 1C JUICE 1/2C	WG CEREAL 1 EA. POPTARTS 1 EA. FRUIT CUP 1/2C MILK 1C JUICE 1/2C	OFF CHRISTMAS HOLIDAYS
MONDAY DEC 24	TUESDAY DEC 25	WEDNESDAY DEC 26	THURSDAY DEC 27	FRIDAY DEC 28
OFF	MERRY CHRISTMAS	OFF	OFF	OFF
MONDAY dec 31	TUESDAY JAN 1	WEDNESDAY JAN 2	THURSDAY JAN 3	FRIDAY JAN 4
OFF	HAPPY NEW YEAR	OFF	OFF	OFF
MONDAY JAN 7	TUESDAY JAN 8	WEDNESDAY JAN 9	THURSDAY JAN 10	FRIDAY JAN 11
WG PANCAKES/SYRUP YOGURT 1 EA. FRUIT CUP 1/2C MILK 1C JUICE 1/2C	BREAKFAST PIZZA 1 EA. GRITS 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C	BISCUITS/JELLY 2OZ SAUSAGE PATTY FRUIT CUP 1/2C MILK 1C JUICE 1/2C	WG CEREAL 1 EA. CINNAMON TOAST FRUIT CUP 1/2C MILK 1C JUICE 1/2C	HAM 2OZ GRITS 1/2C FRUIT CUP 1/2C MILK 1C JUICE 1/2C
MONDAY JAN 14	TUESDAY JAN 15	WEDNESDAY JAN 16	THURSDAY JAN 17	FRIDAY JAN 18
MUFFINS 1 EA. YOGURT 1 EA. FRUIT CUP 1/2C MILK 1C JUICE 1/2C	EGGS 2 OZ HASHBROWN 1 EA FRUIT CUP 1/2C MILK 1C JUICE 1/2C	PANCAKE ON STICK YOGURT 1 EA. FRUIT CUP 1/2C MILK 1C JUICE 1/2C	WG CEREAL 1 EA. POPTARTS 1 EA. FRUIT CUP 1/2C MILK 1C JUICE 1/2C	CINNAMON ROLLS 1 EA SAUSAGE PATTY 2 OZ FRUIT CUP 1/2C MILK 1C JUICE 1/2C