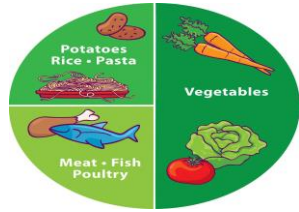


**CHITIMACHA TRIBAL
SCHOOL MEALS
PROVIDE YOU WITH
MORE HEALTHIER
CHOICES**



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

August 5 - Sept 6

Monday, AUGUST 5 Biscuits 2oz Scrambled Eggs Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Tuesday Aug 6 Pancakes/syrup Yogurt 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Wednesday Aug 7 Biscuits 2oz Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday Aug 8 WG Cereal 1c Poptarts 1 ea. Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Friday Aug 9 Slice Ham 2 oz Scrambled Eggs Fruit cup 1/2c Milk 1c Fruit Juice 1/2c
Monday Aug 12 French Toast Sticks Grits 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Tuesday Aug 13 Pancake on stick Hashbrown Patty Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Wednesday Aug 14 Biscuit 2 oz Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday Aug 15 WG Cereal 1c Fruit Yogurt 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Friday Aug 16 Scrambled Eggs Hashbrown Patty Fruit cup 1/2c Milk 1c Fruit Juice 1/2c
Monday Aug 19 Biscuits 2oz Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Tuesday Aug 20 Cinnamon Toast Yogurt 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Wednesday Aug 21 Biscuits 2oz Slice Ham 2 oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday Aug 22 WG Cereal 1c Poptarts 1 ea. Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Friday Aug 23 Breakfast Pizza Grits 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c
Monday Aug 26 Muffins 2oz Yogurt 1/2 c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Tuesday Aug 27 Pancakes/Syrup Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Wednesday Aug28 Eggo Waffle Scrambled eggs Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday Aug 29 WG Cereal 1c Fruit Yogurt 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Friday Aug 30 Slice Ham 2 oz Grits 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c
Monday Sept 2 Labor Day	Tuesday Sept 3 Cinnamon Toast Yogurt 1/2c Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Wednesday Sept 4 Biscuits 2oz Sausage Patty 2oz Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Thursday Sept 5 WG Cereal 1c Poptart 1 ea. Fruit cup 1/2c Milk 1c Fruit Juice 1/2c	Friday Sept 6 Cinnamon Roll 2oz Sausage Patty Fruit cup 1/2c Milk 1c Fruit Juice 1/2c

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