




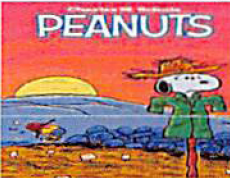





SHONTO PREPARATORY SCHOOL

October 2021 Gha,a,ji "Separation of seasons"

Breakfast, lunch dinner & menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1 Scramble egg w/ dice ham, pear, toast, milk</p> <p>Cheeseburger on bun, lettuce, oven fries, ketchup, carrot stick, apple, milk</p>	<p>2 "This institution is an equal opportunity provider".</p>
	<p>3 Pancake, syrup, slice ham, mango chunks, milk</p> <p>Chili macaroni, garlic toast, green beans, fresh apple, milk</p> <p>BBQ chicken, potato salad, corn cob, wheat roll, tropical fruit, milk</p>	<p>4 B-fast burrito, peaches, apple juice, milk</p> <p>Turkey Taco, taco salad, salsa, Spanish rice w/black bean, sweet corn, fresh orange, milk</p> <p>Turkey Ala King, green beans, breadstick, chill pears, apricot cup, milk</p>	<p>5 Assorted cold cereal, bagel, cream cheese, grapes, milk</p> <p>Chicken sandwich, lettuce, tomato, oven fries, fresh grapes, strawberry cup, milk</p> <p>Pepperoni pizza, hot wings, oven fries, celery stick, fresh apple, milk</p>			<p>6 HAPPY OCTOBER FALL!</p>
	<p>10 Hot farina, donut, tropical fruit, milk</p> <p>Grill ham & cheese, tater tots, carrot stick, fresh orange, milk</p>	<p>11 Yogurt, bagel, cream chz, mix fruit, juice, milk</p> <p>Spaghetti w/meat sauce, green beans, garlic toast chill pears, milk</p>	<p>12 REMOTE LEARNING DAY 13</p> <p>Wheat waffles, syrup, slice ham, peaches, milk</p> <p>Chicken teriyaki, steam rice, carrot coin, fortune cookie, peaches, apple, milk</p>	<p>14 Biscuit & gravy, sausage link, cantaloupe slices, milk</p> <p>Chili beans, cornbread, toss salad, dressing, peaches, milk</p> <p>Baked pork chop, rice pilaf, gravy, roll, mix vegetables, purple plum, milk</p>	<p>15 Ham & egg on Croissant, mixed fruit, milk</p> <p>BBQ pork pull sandwich, potato salad, fresh apple, fruit rollup, milk</p>	<p>16 Oatmeal, cinnamon toast, mix fruit, milk</p> <p>Baked Ziti, Caesar salad, garlic toast, mango, sweet peas, chuck, cookie, milk</p>
<p>COMPLETE YOUR DAY WITH BREAKFAST!</p>	<p>17 Enchilada, Spanish rice, sweet corn, black beans, Peaches, milk</p>	<p>18 Chicken fried steak, mash potato, roll, mix vegetables, melon, milk</p>	<p>19 chili dog on bun, tater tots, bake beans, peaches, milk</p>	<p>21 breakfast burrito, tater tots, fresh oranges, milk</p> <p>Turkey Manhattan, mash potato, gravy, red beets, chill pears, milk</p>	<p>22 Nacho supreme, lettuce, tomato, refried beans, fresh orange, milk</p>	<p>23 Hot farina, wheat donut, fruit cup, grapes, milk</p> <p>Green chili cheese enchilada, refried beans, Mexican rice, peaches, milk</p> <p>Cheeseburger, lettuce, tomato, oven fries, fresh banana, milk</p>
	<p>17 Breakfast pizza, nut-train has fresh</p> <p>Sloppy Joe on bun, oven fries, celery stick, fresh orange, milk</p> <p>Macaroni & cheese w/ dice ham, green beans, toast, chill pears, milk</p>	<p>18 Boiled egg, hash brown, toast, apricot cup, milk</p> <p>BBQ baked chicken, macaroni salad, green beans, wheat roll, peaches, milk</p> <p>Pepperoni pizza, hot wings, salad, dressing, fresh banana, milk</p>	<p>19 Cold cereal. Nutri-grain bar, kiwi fruit cup, milk</p> <p>Beef & bean burrito, Mexican rice, sweet corn, fresh orange, milk</p> <p>Salisbury steak, mash potato, gravy, green peas, roll, peaches, milk</p>	<p>21 REMOTE LEARNING DAY 20</p> <p>Cold cereal. Nutri-grain bar, kiwi fruit cup, milk</p> <p>Beef & bean burrito, Mexican rice, sweet corn, fresh orange, milk</p> <p>Salisbury steak, mash potato, gravy, green peas, roll, peaches, milk</p>	<p>21 breakfast burrito, tater tots, fresh oranges, milk</p> <p>Turkey Manhattan, mash potato, gravy, red beets, chill pears, milk</p> <p>Nacho supreme, lettuce, tomato, refried beans, fresh orange, milk</p>	<p>22 Oatmeal, cinnamon toast, mix fruit, milk</p> <p>Baked Ziti, Caesar salad, garlic toast, mango, sweet peas, chuck, cookie, milk</p>
<p>24 MENU SUBJECT TO CHANGE</p>	<p>24 Waffles (2), syrup, slice ham, peaches, milk</p> <p>Sloppy Joe on bun, oven fries, ketchup, celery stick, fresh orange, milk</p> <p>Beef stew, dinner roll, fruited jello, chill pear, milk</p>	<p>25 Scramble egg, sausage patty, biscuit, melon, milk</p> <p>Salisbury steak, mash potato, gravy, green peas, roll, apple, fruit rollup, milk</p> <p>Chicken & spinach lasagna, Italian veggie, garlic toast, apricot, milk</p>	<p>26 REMOTE LEARNING DAY 27</p> <p>Breakfast burrito, salsa, tater tots, fresh orange, milk</p> <p>Chicken sandwich, lettuce, oven fries, fresh orange, milk</p> <p>Baked chicken, mash potato, gravy, steam squash, roll, mix fruit, milk</p>	<p>28 Hot farina, wheat donut, fruit cup, grapes, milk</p> <p>Green chili cheese enchilada, refried beans, Mexican rice, peaches, milk</p> <p>Cheeseburger, lettuce, tomato, oven fries, fresh banana, milk</p>	<p>29 Ham & cheese on croissant, orange juice, strawberries, milk</p> <p>Baked, oven fries, green beans, tropical fruit mix, milk</p>	<p>29 USDA United States Department of Agriculture</p>
			<p>Nellie James, Food Service Manager /Director njames@shontoprep.org (928) 672-3536</p>	<p>*Serve 1 cup fruits ¾ cup vegetables*</p>	