



SHONTO PREPARATORY SCHOOL

Nilch'its'ois "small wind"



Sunday	Monday "A" SCHEDULE	Tuesday "B" SCHEDULE	Wednesday REMOTE SCHEDULE	Thursday "A" SCHEDULE	Friday "B" SCHEDULE	Saturday	
Every Wednesday, meals available for pickup. Break-fast: 7-8am Lunch: 10am-1pm	1 Oatmeal, breakfast pizza, peaches, milk	2 Pancake, syrup, slice ham, mango chunks, milk	3 Breakfast burrito, tater tots, fresh grapes, milk	4 Potato O'brien, ham, egg scramble toast fruit, milk	5 Biscuit & sausage gravy, pear, toast, milk	6	
	Chicken nuggets, fries, carrot stick, apple crisp, mix fruit, milk	Sweet & sour pork, noodles, egg roll, steam squash, pears, milk	Enchilada, Spanish rice, sweet corn, black beans, cookie, peaches, milk	Chicken alfredo, steam rice, veggie blend, Texas toast, peaches, milk	Ham & bean soup, cornbread, collard green, pears, milk	<i>"This Institution is an equal opportunity provider".</i>	
Meals are available M-T-W-TH-FR for virtual learners	Pepperoni pizza, hot wings, salad, dressing, banana, milk	Beef stew, dinner roll, fruit-ed jello, chill pear, milk	Spaghetti w/meat sauce, green beans, garlic toast chill pears, milk	Chicken sandwich, lettuce, oven fries, fresh orange, milk			
<p>Hello, fall!</p> <p>RAKE RAKE RAKE</p> <p>ADULT MEAL: BREAKFAST: \$3.00 LUNCH: \$4.00 PLEASE HAVE CORRECT CHANGE FOR MEAL.</p>	8 Oatmeal, bacon, toast mango chunks, milk	9 B-fast burrito, peaches, apple juice, milk	10 French toast, sausage link, grapes, milk		12 Ham & egg on Croissant, potato gems, mixed fruit, milk		
	Mac & cheese, garlic toast, green beans, fresh apple, milk	Turkey Taco, taco salad, salsa, Spanish rice w/black bean, sweet corn, fresh orange, milk	Spaghetti w/meat sauce, cheese bread, mix veggies, cantaloupe wedge, milk		Spaghetti w/meat sauce, oven fries, celery stick, fresh apple, milk		11 Hot dog on bun, oven fries, green beans, tropical fruit mix, milk
	Enchilada, Spanish rice, sweet corn, black beans, cookie, peaches, milk	Turkey Ala King, green beans, breadstick, chill pears, apricot cup, milk	Pepperoni pizza, hot wings, oven fries, celery stick, fresh apple, milk	17 Wheat waffles, syrup, slice ham, peaches, milk	18 Biscuit & gravy, sausage link, cantaloupe slices, milk	19 Ham & egg on Croissant, mixed fruit, milk	
	15 Hot farina, donut, tropical fruit, milk	16 Denver Omelet, toast mix fruit, juice, milk	17 Chicken teriyaki, steam rice, carrot coin, fortune cookie, peaches, apple, milk	18 Chili beans, cornbread, toss salad, dressing, peaches, fruited jello, milk	19 BBQ pork pull sandwich, potato salad, corn cob, fresh apple, fruit rollup, milk		
	Grill ham & cheese, tater tots, carrot stick, fresh orange, milk	Salisbury steak, mash potatoes, gravy, green peas, roll, apple, fruit rollup, milk	Chili dog on bun, tater tots, bake beans, peaches, milk	Baked pork chop, rice pilaf, gravy, roll, mix vegetables, purple plum, milk			
Enchilada, Mex-rice, sweet corn, black beans, Peaches, milk	Chicken fried steak, mash potato, roll, mix vegetables, melon, milk	24 Cold cereal. Nutrigrain bar, kiwi, fruit cup, milk	25	26	27		
21 MENU SUBJECT TO CHANGE	22 Breakfast pizza, nu-trigrain bar, fresh grapes, milk	23 Boiled egg, hash brown, toast, apricot, milk	24 Cold cereal. Nutrigrain bar, kiwi, fruit cup, milk		26	27	
	Sloppy Joe on bun, oven fries, celery stick, fresh orange, milk	BBQ baked chicken, macaroni salad, green beans, wheat roll, peaches, milk	Pepperoni pizza, hot wings, oven fries, celery stick, fresh apple, milk				
	Macaroni & cheese w/ dice ham, green beans, toast, chill pears, milk	Nacho supreme, lettuce, tomato, refried beans, fresh orange, milk	Salisbury steak, mash potato, gravy, green peas, roll, peaches, milk				
28	29 Waffles, syrup, slice ham, peaches, milk	30 Scramble egg, sausage patty, biscuit, melon, milk					
	Sloppy Joe on bun, oven fries, ketchup, celery stick, fresh orange, milk	Baked chicken, mash potatoes, gravy, steam squash, roll, mix fruit, milk					
Nellie James, Food Service Manager /Director njames@shontaprep.org (928) 672-3536	Beef stew, dinner roll, fruited jello, chill pear, milk	Chicken & spinach lasagna, Italian veggie, garlic toast, apricot, milk					

