

SHONTO PREPARATORY SCHOOL

DECEMBER 2021

Happy Holidays

BREAKFAST, LUNCH DINNER MENU

Nitch'itsob "Big Wind"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
						
5	6	7	8	9	10	11
<p>REMOTE 1</p> <p>Oatmeal, wheat toast, jelly orange juice, pears, milk</p> <p>Orange Chicken, steam rice, fortune cookie, green bean, peaches, milk</p>	<p>REMOTE 2</p> <p>Biscuit w/sausage gravy, fresh fruit salad, milk</p> <p>Spaghetti w/meatball sauce, sweet corn, breadstick, fruited jello, cantaloupe melon, milk</p>	<p>REMOTE 3</p> <p>Creamy farina, cinnamon toast, peach, milk</p> <p>Chicken quesadillas, Mexican rice, refried bean, vegetable blend, apricot, milk</p>	<p>REMOTE 4</p> <p>Oatmeal, wheat toast, jelly orange juice, pears, milk</p> <p>Orange Chicken, steam rice, fortune cookie, green bean, peaches, milk</p>	<p>REMOTE 5</p> <p>Biscuit w/sausage gravy, fresh fruit salad, milk</p> <p>Spaghetti w/meatball sauce, sweet corn, breadstick, fruited jello, cantaloupe melon, milk</p>	<p>REMOTE 6</p> <p>Creamy farina, cinnamon toast, peach, milk</p> <p>Chicken quesadillas, Mexican rice, refried bean, vegetable blend, apricot, milk</p>	<p>"This Institution is an equal opportunity provider".</p>
12	13	14	15	16	17	18
<p>LATE START 8</p> <p>Breakfast burrito, fruit bar, melon honeydew, milk</p> <p>Baked chicken, rice pilaf Roll, vegetable, peaches, milk</p> <p>Chili cheese dog, oven fries, ketchup, celery stick, pears cookie, milk</p>	<p>LATE START 9</p> <p>Sausage gravy over biscuit, orange smiles, milk</p> <p>Three cheese green chili enchilada, Spanish rice, sweet corn, assorted cookie, pears, milk</p> <p>Grill ham & cheese, tomato soup, potato chips, fresh orange, milk</p>	<p>LATE START 10</p> <p>Scramble egg w/diced ham, bagel, cream cheese, milk</p> <p>Hot ham & cheese sandwich on bun, oven fries, fruit, milk</p>	<p>LATE START 11</p> <p>Breakfast burrito, fruit bar, melon honeydew, milk</p> <p>Baked chicken, rice pilaf Roll, vegetable, peaches, milk</p> <p>Chili cheese dog, oven fries, ketchup, celery stick, pears cookie, milk</p>	<p>LATE START 12</p> <p>Sausage gravy over biscuit, orange smiles, milk</p> <p>Three cheese green chili enchilada, Spanish rice, sweet corn, assorted cookie, pears, milk</p> <p>Grill ham & cheese, tomato soup, potato chips, fresh orange, milk</p>	<p>LATE START 13</p> <p>Scramble egg w/diced ham, bagel, cream cheese, milk</p> <p>Hot ham & cheese sandwich on bun, oven fries, fruit, milk</p>	<p>LATE START 14</p> <p>Breakfast burrito, fruit bar, melon honeydew, milk</p> <p>Baked chicken, rice pilaf Roll, vegetable, peaches, milk</p> <p>Chili cheese dog, oven fries, ketchup, celery stick, pears cookie, milk</p>
19	20	21	22	23	24	25
<p>EARLY RELEASE! 17</p> <p>Oatmeal, cinnamon toast, mixed fruit, milk</p> <p>Cheeseburger on bun, lettuce, tomato, oven fries, fruit, milk</p>						
26						
						
						
<p>MENU SUBJECT TO CHANGE</p>						
						
<p>Merry Christmas & Happy New Year!!</p>						

Nellie James, Food Service Manager/Director
njames@shontoprep.org