



Breakfast Lunch Dinner Menu

Nizh'its'os'i' "Small wind"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>"This institution is an equal opportunity provider."</p> 			<p>1 Pancake, syrup, slice ham, blueberries, milk</p> <p>Baked chicken, mash potato, gravy, green peas, wheat roll, pears, milk</p> <p>Grill ham & cheese, tomato soup, celery sticks, apple, milk</p>	<p>2 Yogurt, fruit berries, muffin, milk</p> <p>Chili dog on bun, cheese, oven fries, ketchup, fresh apple, milk</p> <p>Cheeseburger, lettuce, tomato, pickle, baked, oven fries, pear, milk</p>	<p>3 Biscuit & sausage gravy, fruit, milk</p> <p>Pepperoni pizza, chicken wing, toss salad, dressing, orange smile, milk</p>	<p>4 BREAKFAST CHOICE: HOT MEAL OR COLD CEREAL.</p>  <p>United States Department of Agriculture</p>
		<p>6 Hot blue cornmeal, wheat donut, peaches, milk</p> <p>Corndog, mustard, baked beans, oven fries, peaches, milk</p>	<p>7 Breakfast pizza or yogurt, fruit, milk</p> <p>Spaghetti meat sauce, garlic bread, veggie, chill pear, milk</p>	<p>8 French toast, syrup, sausage link, grapes, milk</p> <p>Sloppy Joe on bun, blackeye peas, carrot/celery sticks, diced pear, milk</p> <p>Cheese enchilada, Spanish rice broccoli, cantaloupe, milk</p>	<p>9 Boiled egg, hash brown, wheat toast w/jelly, peaches, milk</p> <p>Turkey, stuffing, mash potato, gravy, vegetable, cranberry sauce, fruit, pumpkin pie, milk</p> <p>Chicken ranch wrap, celery stick, potato chip, fresh orange, milk</p>	<p>10 No School</p>  <p>Veterans DAY</p>
 <p>MENU SUBJECT TO CHANGE</p>	<p>Chili bean, corn bread, pear, milk</p> <p>Late start 13 Oatmeal or cold cereal cinnamon roll, fruit, milk</p> <p>Grill Ham & cheese, tomato soup, celery stick, fruit, milk</p>	<p>Beef vegetable stew, wheat bread, plum, milk</p> <p>14 Scramble egg, English muffin, fruit, milk</p> <p>Salisbury steak, mash potato, gravy, vegetable, wheat roll, fruit milk</p>	<p>15 Yogurt, fruit berries, muffin, milk</p> <p>Bake beef ziti, squash, garlic toast, peaches, milk</p>	<p>16 Biscuit & sausage gravy, fruit cup, milk</p> <p>Orange chicken, steam rice, green beans, fortune cookie, pear cling, milk</p>	<p>17 Cold cereal, donut, fruit cup, milk</p> <p>Chicken Quesada, Mexican rice, carrot coin, rosy applesauce, milk</p>	
<p>SALAD BAR AVAILABLE DURING LUNCH</p>	<p>Salisbury steak, mash potato, wheat roll, peas & carrots, pear, milk</p>	<p>Beef Taco, taco salad, cheese, salsa, black beans, carrot, fruit, milk</p>	<p>Surfer sticks, oven fries, ketchup, cookie, orange smile, milk</p>	<p>Frito pie, Spanish rice, sweet corn, orange wedges, milk</p>		
<p>19 Navajo Rug</p> 	<p>NO SCHOOL; NOV. 20 - 24 THANKSGIVING BREAK. ENJOY THANKSGIVING TIME WITH YOUR FAMILY.</p>					
	<p>Late Start 27 Hot farina, wheat toast, fruit milk</p> <p>Green chili burrito, lettuce/tomato, Spanish rice, sweet corn, fruit, milk</p>	<p>28 Boiled egg, hash brown, wheat toast, apricot, milk</p> <p>BBQ chicken, macaroni salad, peas, wheat bread, mix fruit, milk</p>	<p>29 Pancake, syrup, sausage berries, peaches, milk</p> <p>Beef pasta, green beans, garlic bread, fruit cup, 1/2 fresh fruit, milk</p>	<p>30 Breakfast burrito, salsa, fruit, milk</p> <p>Hot dog on bun, mustard, blackeye peas, grapes, milk</p>	<p>DEC. 1 Chef's Choice</p> <p>Nachos Supreme, cheese sauce, refried beans, carrot coin, fresh orange, milk</p>	
	<p>Hot ham & cheese on bun, oven fries, ketchup, orange smile, milk</p>	<p>Navajo Taco, salsa, white hominy, grapes, milk</p>	<p>Chicken quesadilla, salad, dressing, corn on cob, watermelon cubes, milk</p>	<p>Pepperoni pizza, hot wings, veggie sticks w/dressing, fruit, milk</p>		