

JANUARY 2023

Moencopi Day School



Adult Lunch \$3.75 Sides \$1.00 Milk \$0.50
This Institution is an equal opportunity.
****MAY SUBJECT TO CHANGE****



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY



2

Choice of Pizza
Romaine Salad
Ranch Dressing
Mixed Berries
Milk

3

TUESDAY

Chicken Nachos
Lettuce & Tomatoes
Mild Salsa
Black Beans
Mango
Milk

9

Sloppy Joe
Steamed Corn
Applesauce
Milk

10

WEDNESDAY

Green Chili Pozole
WG Flatbread
Steamed Broccoli
Apricot Halves
Milk

4

National Milk Day
Chicken Tomato Bake
WG Breadstick
Steamed Broccoli
Diced Peaches
Milk

11

THURSDAY

Meatloaf
WG Bread w/ Butter
Mashed Potatoes & Gravy
Mixed Vegetables
Blush Applesauce
Milk

5

Beef Chili w/ Beans
Cornbread
Zucchini Squash
Sliced Peaches
Milk

12

FRIDAY

Mandarin Orange Chicken
Fried Rice
Green Beans
Steamed Carrots
Sliced Peaches
Milk

6

Choice of Pizza
Romaine Salad
Ranch Dressing
California Vegetables
Fruit Cocktail
Milk

13



16

Chicken Bowl
WG Cornbread
Mandarin Oranges
Milk

17

Lamb Stew
Dinner Roll
Romaine Salad
Ranch Dressing
Cherry Pears
Milk

18

Cheeseburger
Lettuce & Tomatoes
Ketchup/ Mustard/ Mayo
Cole Slaw
Sweet Potato Fries
Sliced Peaches & Milk

19

National Cheese Lover's Day
Salisbury Steak
Garlic Toast
Corn on the Cob
Ranch Style Beans
Sidekicks & Milk

20

Turkey Cheese Sub
Ranch Style Beans
Baby Carrots
Ranch Dressing
Jello & Milk

23

National Compliment Day
Bean & Cheese Burrito
Mild Salsa
Steamed Corn
Romaine Salad w/ Ranch
Mandarin Oranges & Milk

24

Frito Chili Pie
Diced Peaches
Milk

25

Braised Beef
Seasoned Brown Rice
Steamed Corn
Zucchini Squash
Fruit Mix
Milk

26

Chicken Patty Sandwich
Ketchup/ Mustard/ Mayo
Romaine Salad w/ Ranch
Cantaloupe
Milk

27

Hot Ham & Cheese Sandwich
Baked Beans
Sweet Potato Fries
Mixed Berries
Milk

30

BBQ Chicken
Cornbread
Seasoned Brown Rice
Steamed Carrots
Tropical Fruit
Milk

31

