

# SHONTO PREPARATORY SCHOOL



## JANUARY 2023

BREAKFAST LUNCH DINNER MENU

Yas Nilt' ees "Crusted, Thawing of Snow"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="text-align: center;">WINTER BREAK CONTINUE</h1>						
<p>"This institution is an equal opportunity provider"</p>						
<p>WELCOME BACK TO SCHOOL!</p> <p>Play, Learn and Grow... Together!</p>	<p><b>NO SCHOOL</b></p>	<p>B-fast burrito, peaches, apple juice, milk</p>	<p>French toast, sausage link, grapes, milk</p>	<p>Cream of wheat, pumpkin bread, peaches, milk</p>	<p>Ham &amp; egg, Croissant, tatar tots, fruit, milk</p>	
	<p>STAFF PROFESSIONAL LEARNING DAY.</p>	<p>Three cheese green chili enchilada, Spanish rice, sweet corn, pears, milk</p>	<p>Chili bean, cornbread, toss salad, dressing, apple, milk</p>	<p>Roast pork chop, rice, gravy, wheat roll, mix vegetable, peaches, milk</p>	<p>Sloppy Joe on bun, oven fries, ketchup, celery stick, apple, milk</p>	
<p>HEALTHY MEALS IS GOOD FOR YOU!</p>	<p><b>NO SCHOOL</b></p>	<p>Surf sandwich, lettuce &amp; tomato, oven fries, orange, milk</p>	<p>Grill Ham &amp; cheese, oven fries, ketchup, celery stick, pears cookie, milk</p>	<p>Navajo Taco, fruited jello fresh orange, milk</p>	<p>CHEF'S CHOICE, mixed fruit, milk</p>	
	<p>HOLIDAY MARTIN LUTHER KING</p>	<p>Egg omelet (peppers, dice ham), toast, fruit, fruit juice, milk</p>	<p>Turkey taco, taco salad, cheese, black bean, sweet corn, diced pears, milk</p>	<p>Yogurt w/ fresh berries &amp; fruits, fruit cup, banana muffin, milk</p>	<p>Salisbury steak, m. potato, gravy, mix vegetable, wheat roll, peaches, milk</p>	
	<p>Pancake w/syrup, sausage link, peaches, milk</p>	<p>Denver omelet, toast, jelly, melon, milk</p>	<p>Waffles, syrup, baked ham, berries, peaches, milk</p>	<p>Breakfast burrito, salsa, fruit, milk</p>	<p>CHEF'S CHOICE peach, milk</p>	
	<p>Beef &amp; vegetable soup, corn bread, corn cob, purple plum, milk</p>	<p>Spaghetti w/meatsauce, garlic toast, broccoli, chill pears, milk</p>	<p>Chicken quesadillas, salsa, Spanish rice, green beans, fresh orange, milk</p>	<p>Hamburger, lettuce, tomato, pickle, oven fries, fresh grapes, milk</p>	<p>Pepperoni pizza, hot wings, celery stick dressing, fresh apple, milk</p>	
	<p>Macaroni &amp; cheese w/ dice ham, Texas toast, tropical fruit, milk</p>	<p>Orange Chicken, steam rice, vegetable egg roll, carrot coin, watermelon slice, milk</p>	<p>BBQ pork sandwich, oven fries, celery stick w/ dressing, fresh apple, milk</p>	<p>Salisbury steak, mash potato, gravy, mix vegetable, wheat roll, pears, milk</p>	<p>DAILY LUNCH OFFERING: HIGH SCHOOL (9-12)</p>	<p>Nellie James, Food Service Manager-Director</p>
	<p><b>LATE START</b> Cold cereal, banana muffin, peaches, milk</p>	<p>Scramble egg, sausage biscuit, melon, milk</p>	<p><b>BREAKFAST OFFERING: K-12 GRADE/ HIGH SCHOOL BREAKFAST BAR</b></p>	<p><b>DAILY LUNCH OFFERING: K-8 GRADES (ELEMENTARY)</b></p>		
	<p>BBQ Pull Pork on bun, coleslaw, celery stick, fresh orange, milk</p>	<p>Roasted chicken, mash potato, gravy, sweet corn cob, roll, mix fruit, milk</p>	<p><b>MEAT/MEAT ALT: 1OZ GRAINS: 1 OUNCE DAILY FRUIT: 1 CUP DAILY</b></p>	<p><b>MEAT/MEAT ALT: 1oz GRAIN: 1 OZ DAILY VEGETABLE: 6 OZ FRUIT: 1 cup daily</b></p>	<p><b>MEAT/MEAT ALT: 2oz GRAINS: 2 OZ VEGETABLES: 6 OZ FRUITS:1 CUP</b></p>	<p><b>MENU SUBJECT TO CHANGE</b></p> <p><b>FACE MASK REQUIRED @ CAFETERIA!</b></p>
	<p>Beef stew, dinner roll, fruited jello, chill pear, milk</p>	<p>Enchilada, Spanish rice, sweet corn, black beans, cookie, peaches, milk</p>	<p><b>MILK (VARIETY): 8 OZ DAILY</b></p>	<p><b>FRUIT: 1 CUP MILK (VARIETY): 8 OZ</b></p>	<p><b>MILK(VARIETY) 8 OZ DAILY</b></p>	