

SHONTO PREPARATORY SCHOOL

AUGUST 2022

BREAKFAST LUNCH DINNER MENU

Bini'ant'a'a'ts'oz'i "Ripening of Early Crops"



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Welcome Back! Students!</p>	1	2	3	4	5	6 "This institution is an equal opportunity provider"
	8 Cold cereal, apple muffin, cream cheese, mix fruit, milk	9 Breakfast pizza, nutragrain bar, fruit cups, grape juice, milk	10 Breakfast bowl(scramble egg w/ham, tater tots, gravy) fruit, juice, milk	11 Breakfast burrito, salsa, pear orange juice milk	12 Sausage gravy over biscuit, orange smiles, milk	13 USDA United States Department of Agriculture
	Spaghetti w/meat sauce, breadstick, green beans pears, milk	Three cheese green chili enchilada, Spanish rice, sweet corn, cookie, pears, milk	Chili bean, cornbread, celery stick, dressing, fruited jello, fresh grapes, milk	Roast pork chop, m.potato, gravy, wheat roll, steam broccoli, peaches, milk	Sloppy Joe on bun, oven fries, baked beans, apple, milk	
	Cheeseburger, oven fries, carrot sticks, peaches, milk	Chicken alfredo, garlic bread, steam squash, peaches, milk	Hot dog in bun, oven fries, ketchup, celery stick, pears cookie, milk	Navajo Taco, fruited jello mango, milk		
	Late Start 15 Bagel, cream cheese, cold cereal, fruit cup, orange, milk	16 Egg omelet (peppers, dice ham), toast, fruit, fruit juice, milk	17 Hot oatmeal, wheat toast, jelly, mix fruit, fruit juice, milk	18 Yogurt w/fresh berries & fruits, fruit cup, banana muffin, milk	19 Pancake w/ syrup, sausage link,, mixed fruit, milk	
	Pepperoni Pizza, chicken wing/nugget, oven fries, ketchup, fresh orange, milk	Turkey taco, taco salad, cheese, black bean, carrot coin, dice pears, milk	Alaskan cod, tartar sauce, breadstick wg, green bean, peaches, milk	Salisbury steak, m. potato, gravy, mix vegetable, wheat roll, watermelon cubes, milk	Cold ham & cheese on bun, lettuce, slice tomato, tomato soup, fresh grapes, fruit cup, milk	
	Cheeseburger, oven fries, celery stick, fresh orange, milk	Baked pork chop, rice pilaf, sweet corn, wheat roll, pears, milk	Three cheese green chili enchilada, Spanish rice, sweet corn, peaches, milk	Beef stew, fried bread, apple cobbler, milk		
	22 Hot farina, wheat bagel, cream cheese, fruit milk	23 Scramble egg, slice turkey bacon, cinnamon roll, melon, milk	24 Waffles, syrup, baked ham, berries, peaches, milk	25 Breakfast burrito, salsa, fruit, milk	26 Rice & raisin, cinnamon toast, peach, milk	
	Beef & potatoes, carrot coin, wheat roll, fruited jello, watermelon wedge, milk	Slice turkey, stuffing, gravy, mix vegetable, cranberry, tropical fruit, milk	Cold Cut sandwich, lettuce, tomato, macaroni salad, carrot stick, fresh apple, dried fruit, milk	Spaghetti w/meatball, green broccoli, bread stick, cantaloupe melon, milk	Hot dog on bun, mustard, oven fries, baked beans, fruit, milk	
	Orange Chicken, steam rice, fortune cookie, carrot & peas, watermelon slice, milk	Macaroni & cheese w/ dice ham, Texas toast, tropical fruit, milk	BBQ pork sandwich, baked potato chip, celery stick w/ dressing, fresh apple, milk	Salisbury steak, mash potato, gravy, mix vegetable, wheat roll, pears, milk		
	Late Start 29 Assorted cereal, wheat toast, fruit, milk	30 Breakfast pizza, apple churro bar, fruit, milk	31 Strawberry yogurt, apple muffin, banana, pears milk			
<p>HEALTHY MEALS IS GOOD FOR YOU!</p>	Cheeseburger on bun, oven fries, ketchup, carrot sticks, peaches, milk	Beef & bean burrito, toss salad, dressing, sweet corn, fruited jello, fresh orange smile, milk	Baked chicken, rice pilaf, broccoli, wheat roll, mango chunks, milk	NOT ALL FOOD ITEMS ARE AVAILABLE ON MENU, SUBSTITUTE FOODS FOR FOOD ITEMS THAT ARE NOT AVAILABLE IN CATALOG.	Operating National School Lunch Program & School Breakfast Program	<p>Nellie James, Food Service Manager-Director</p> <p>MENU SUBJECT TO CHANGE</p> <p>FACE MASK REQUIRED @ CAFETERIA!</p>
	Grill ham & cheese, tomato soup, celery stick, peaches, milk	Chicken fried steak, mash potato, gravy, peas, roll, pears, milk	Sloppy Joe on bun, oven fries, carrot stick, apple, milk			