FEBRUARY 2023

Breakfast, lunch dinner & menu

SHONTO PREPARATORY SCHOOL

Atsa'biya'a'zh "Birth of Eaglets"



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"This institution is an equal op- portunity pro- vider"			1 Yogunt strawberries, blueber- ries, pumplan bread, milk	2 Potato Oʻbrien, sline ham, boʻled egg, toast fruit, milk	3 Biscuit & sausage gravy, pear, tonst. mik	NAVAJO RUG
			Green chili enchilada, hominy, refried beans, tropical fruit, milk	Chicken alfredo, noodles, green peas, breadstick, pears, milk	Grill cheese, tomato soup, celery stick, mango chucks, milk	
			Pepperoni pizza, oven fries, ap- ple, milk	Beef stew, fried bread, corn on cob, chill pears, milk		
5 ADULTMEAL: BREAKFAST: \$3.00 LUNCH: 5.00 DINNER: \$5.80	6 Oatmeal, breakfast pizza, peaches, milk	7 B-fast burrito, peaches, apple juice, milk	8 French toast, sausage link, grapes, milk	9 Cream of wheat, pumpkin bread, peaches, milk	10 Ham & egg on Croissant, po- tato gems, fruit, milk	× ×
	Hot dog on bun, oven fries, bake beans, apple crisp, milk	Turkey Taco, taco salad, salsa, Spanish rice, sweet corn, fresh orange, milk	Chicken teriyaki, steam rice, carrot coin, fortune cookie, peaches, milk	Chili beans, cornbread, coleslaw, fruited jello, pears, milk	Chicken sandwich, lettuce, pickle, potato salad, apple, milk	
	Cheeseburger, lettuce, pickle, oven fries, pear cling, milk	Roasted chicken, mash potato, roll, mix vegetables, melon, milk	Beef stew, tortilla bread, canta- loupe wedges, milk	Mac & cheese w/d. ham, toast, green beans, fresh apple, milk		State of the National
E liefs CRBOWL GAME	LATE START 13 Apple Jack cereal,, toast, jelly, grapes, milk	HAPPY VALENTINE 14 Denver Omelet, toast mix fruit, juice, milk	15 Strawberry yogurt parfait, muf- fin, strawberries, milk	16 Biscuit & gravy, sausage link, cantaloupe slices, milk	17 Ham & egg on English muf- fin, mixed fruit, milk	
	Chicken nugget, tater tots, carrot stick, fresh orange, milk	Salisbury steak, mash potato, gravy, green peas, roll, apple, milk	Spaghetti w/meat sauce, bread, broccoli, fruit cup, milk	BBQ baked chicken, macaroni salad, green beans, wheat roll, mango, milk	Nacho supreme, cheese sauce, refried beans, sweet corn, fruit cup, milk	
	Cheese enchilada, Spanish rice, refried beans, peaches, milk	Hot dog on bun, macaroni salad, green beans, peaches, milk	Hamburger, lettuce, tomato, pickle, tater tots, peaches, milk	Navajo taco, fruited jello, water- melon, milk		KRIZOWA
19 MENU SUBJECT TO CHANGE	20 NO SCHOOL	21 Hot cereal, banana bread slice, kiwi, fruit cup, milk	22 Boiled egg, hash brown, toast, apricot, milk	23 Scramble egg w/ dice ham, tater tots, fresh grapes, milk	24 Oatmeal, cinnamon toast, mix fruit, milk	
	PRESIDENT'S DAY	Beef & bean burrito, Mexican rice, carrot coin, fresh orange, milk	Chicken & spinach lasagna, gar- lic toast, broccoli, chill pears, milk	Cheeseburger, lettuce, tomato, pickle, oven fries, mix fruit, milk	Pepperoni pizza, hot wings, cucumber salad, dressing, apple wedges, milk	A STAT OF SURGE
		Pepperoni pizza, hot wings, salad, dressing, fresh banana, milk	Salisbury steak, mash potato, gravy, green peas, roll, peaches, milk	Chicken alfredo, pasta, garlic bread, broccoli, peaches, milk		LISDA
26	LATE START 27 Hot cream of wheat, fruit bar peaches, milk	28 Scramble egg, sausage biscuit, melon, milk		()		USDA
	BBQ pork rib on bun, oven fries, ketchup, celery stick, fresh apple, milk	Baked chicken, mash potato, gravy, sweet corn, roll, fruit cup, milk	1		N M	United States
Nelke Janies, Food Service Managa Director n <u>jämes@khontoprep.ols</u> (928) 672-3536	Beef stew, dinner roll, fruited Jello, chill pear, milk	Been lasagna, Italian veggie, garlictoast, apricot, milk				Department of Agriculture