

OCTOBER 2022

Shonto Preparatory School



BREAKFAST LUNCH DINNER MENU

"Ghaaji" Separation of Seasons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Welcome fall!</p> 	<p>Breakfast pizza, fruit bar, fruit cup, milk</p> <p>Pork pull on bun, oven fries, ketchup, carrot sticks, peaches, milk</p>					<p>"This institution is an equal opportunity provider"</p>
<p>Play, Learn and Grow... Together!</p> 	<p>Late Start 10</p> <p>Hot creamy oatmeal, fruit bar, honeydew melon, milk</p> <p>Chicken sandwich, lettuce, tomato, oven fries, ketchup, apricot, milk</p> <p>Spaghetti w/ meat sauce, bread knot, toss salad, dressing, peaches, milk</p>	<p>11</p> <p>Breakfast bowl (scramble egg w/ ham, tots, gravy) toast, fruit, juice, milk</p> <p>Turkey Taco, taco salad, Spanish rice, sweet corn, cookie, pears, milk</p> <p>Chicken alfredo, garlic bread, steam squash, peaches, milk</p>	<p>12</p> <p>Hot cereal, blueberry bagel, cream cheese, kiwi wedge, milk</p> <p>Beef stew, sweet corn cob, wheat tortilla, melon cubes, milk</p> <p>Grill Ham & cheese, oven fries, ketchup, celery stick, pears cookie, milk</p>	<p>13</p> <p>Sausage gravy over biscuit, orange smiles, apple juice, milk</p> <p>Roasted chicken, mash potato, gravy, wheat roll, carrot coin, peaches, milk</p> <p>Navajo Taco, fruited jello fresh orange, milk</p>	<p>14</p> <p>Breakfast choice, peaches, milk</p> <p>Sloppy Joe on bun, coleslaw, sugar cookie, fresh apple, milk</p>	<p>15</p> 
<p>16</p> 	<p>17</p> <p>Bagel w/ cream cheese, assorted cold cereal, kiwi, orange, milk</p> <p>BBQ pork sandwich, oven fries, fresh peaches, cookie, milk</p> <p>Cheeseburger, oven fries, celery stick, fresh orange, milk</p> <p>Late Start 24</p> <p>Hot farina, wheat bagel, cream cheese, melon, milk</p> <p>Beef & potatoes, green bean, dinner roll, fruited jello, honeydew melon, milk</p> <p>Orange Chicken, steam rice, fortune cookie, carrot coin, watermelon, milk</p>	<p>18</p> <p>Egg omelet (peppers, dice ham), toast, fruit, orange juice, milk</p> <p>Beef taco, taco salad, cheese, black bean, sweet corn, diced pears, milk</p> <p>Baked pork chop, rice pilaf, sweet corn, roll, pears, milk</p> <p>25</p> <p>Scramble egg, slice turkey bacon, cinnamon roll, apple juice, milk</p> <p>Slice turkey, stuffing, gravy, mix vegetable, cranberry, fruit, milk</p> <p>Macaroni & cheese w/ dice ham, Texas toast, green beans, fruit, milk</p>	<p>19</p> <p>Yogurt w/ fresh berries & fruits, fruit cup, banana muffin, milk</p> <p>Orange Chicken, steam rice, fortune cookie, green bean, melon cubes, milk</p> <p>Three cheese green chili enchilada, Spanish rice, sweet corn, peaches, milk</p> <p>Parent/teacher conference 26</p> <p>Waffles, syrup, baked ham, berries, peaches, milk</p> <p>Chicken alfredo, garlic bread, broccoli, fresh apple wedges, dried fruit, milk</p> <p>BBQ pork sandwich, baked potato chip, celery stick w/ dressing, fresh apple, milk</p>	<p>20</p> <p>Ham & egg on Croissant, jelly, mix fruit, grape juice, milk</p> <p>Salisbury steak, m. potato, gravy, mix vegetable, wheat roll, peaches, milk</p> <p>Beef stew, fried bread, tropical fruit mix, milk</p> <p>Parent/teacher conference 27</p> <p>Breakfast burrito, salsa, fruit juice, milk</p> <p>Chili bean, cornbread, steam cauliflower, fruited jello, apple, milk</p> <p>Salisbury steak, mash potato, gravy, mix vegetable, wheat roll,</p>	<p>21</p> <p>Breakfast choice, mixed fruit, milk</p> <p>Pepperoni Pizza, carrot & celery stick, dressing, cookie, apple wedges, milk</p> <p>28</p> <p>Breakfast choice, orange smile, milk</p> <p>Chili & frank on bun, cheese, oven fries, orange smiles, milk</p>	<p>22</p> 
<p>Happy Halloween</p> 	<p>31</p> <p>Waffles, syrup, b-berry, milk</p>		<p>BREAKFAST OFFERING: K-12 GRADE/ HIGH SCHOOL BREAKFAST BAR</p> <p>MEAT/MEAT ALT: 10Z GRAINS: 1 OUNCE DAILY MILK (VARIETY): 8 OZ DAILY</p>	<p>DAILY LUNCH OFFERING: K-8 GRADES (ELEMENTARY) MEAT/MEAT ALT: 1 OZ DAILY GRAIN: 1 OZ DAILY VEGETABLE: 6 OZ FRUIT: 1 CUP MILK (VARIETY): 8 OZ</p>	<p>DAILY LUNCH OFFERING: HIGH SCHOOL (9-12) MEAT/MEAT ALT: 2 OZ GRAINS: 2 OZ VEGETABLES: 6 OZ MILK (VARIETY) 8 OZ DAILY</p>	<p>Service Manager-Director</p> <p>MENU SUBJECT TO CHANGE</p> <p>FACE MASK REQUIRED @ CAFETERIA!</p>