

Crazy Horse School
School Year
 23/24
Menu

Dates: Nov 27-Dec 1 menu

Required Components	Grades K- 8	Grade s 9-12	Anpetu Tokahe Monday	Anpetu Nupa Tuesday	Anpetu Yamni Wednesday	Anpetu Topa Thursday	Anpetu Zaptan Friday
Breakfast Milk Grains/Bread (including) WG Cereal & Breads) * Fruits Juice	1 cup 1 ounce ½ cup ½ cup	1 cup 1-2 oz 1 cup 1 cup	Milk Breakfast burrito Sliced pears Apple juice	Milk Black berry muffin Beef sticks Pineapple slices Fruit punch	Milk Boiled eggs WW toast Mandarin orange Orange juice	Milk Cold Cereal Cheeses sticks Sliced peaches Orange/tangerine	Milk No school
Lunch Milk Meat of Meat Alternate Vegetable Fruit (2 or more) Grains/Breads (Whole Grain Bread)	1 cup 1-2 ounce ¾ cup ½ cup Min. of 1 Slice 1 ounce	1 Cup 2 oz 1 cup 1 cup 2 oz	Milk Tator cot casserole Dinner roll Orange smiles Green beans Fruit & salad bar	Milk Chili Corn bread WK corn (frozen) Apple slices Fruit & salad bar	Milk Lasagna Mixed vegetables Garlic bread Tropical fruit Fruit & salad bar	Milk Finger steaks Baked fries Sliced pears peas Fruit & salad bar	Milk No School Staff Meal
			apple slices	orange	kiwi	pear	

