








SHONTO PREPARATORY SCHOOL

MARCH 2023



BREAKFAST LUNCH DINNER MENU

Wo'o'zheh'j'd "First Cry of Eaglet"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>"This institution is an equal opportunity provider"</p>  <p>COLLEGE BASKETBALL- MARCH MADNESS BEGINS</p>			<p>Pancake, syrup, slice ham, mango chuck, milk ¹</p> <p>Three cheese green chili enchilada, Spanish rice, sweet corn, pears, milk</p> <p>Chicken fried steak, m.potato, country gravy, roll, veggie, milk</p>	<p>Boiled egg, hash brown, wheat toast w/jelly, peaches, milk ²</p> <p>Meatloaf, m. potato, brown gravy, mix veggies, roll, peaches, milk</p> <p>Spaghetti w/meatsauce, green beans, garlic toast, pears, milk</p>	<p>Biscuit & sausage gravy, fruit, milk ³</p> <p>Grill ham & cheese, tomato soup, celery sticks, mango chuck, milk</p>	<p>⁴</p>
<p>⁵</p>	<p>Hot blue cornmeal, breakfast pizza, peaches, milk ⁶</p> <p>Corndog, mustard, oven fries, ketchup, fresh apple, milk</p> <p>Cheeseburger, lettuce, tomato, pickle, baked chips, pear, milk</p>	<p>Breakfast burrito, salsa, fruit, milk ⁷</p> <p>Turkey Taco, taco salad, cheese, salsa, black beans, carrot, fruit, milk</p> <p>Chicken alfredo on pasta, garlic bread, green beans, peaches, milk</p>	<p>French toast, syrup, sausage link, grapes, milk ⁸</p> <p>Spaghetti w/meatsauce, breadstick, broccoli, cantaloupe wedges, milk</p> <p>Chicken sandwich, lettuce, tomato, pickle, oven fries, ketchup, fresh apple, milk</p>	<p>Cream of wheat, pumpkin bread, peaches, milk ⁹</p> <p>Three cheese green chili enchilada, Spanish rice, sweet corn, assorted cookie, pears, milk</p> <p>Navajo Taco, fruited jello fresh orange, milk</p>	<p>Ham & egg on croissant, potato gems, orange smile, milk ¹⁰</p> <p>Sloppy Joe on bun, oven fries, ketchup, celery stick, apple, milk</p>	
						
<p>¹⁹</p> <p>Spring begins March 20th</p>	<p>Hot farina, wheat bagel, cream cheese, fruit milk ²⁰</p> <p>Surfer on bun, lettuce, tomato, coleslaw, orange smile, milk</p> <p>Grill ham & cheese, tomato soup, celery sticks, mango chuck, milk</p>	<p>Boiled egg, hash brown, wheat toast, apricot, milk ²¹</p> <p>Beef lasagna, breadstick, broccoli, fresh grapes, milk</p> <p>Pepperoni pizza, hot wings, salad w/dressing, fresh banana, chocolate pudding, milk</p>	<p>Waffles, syrup, baked ham, berries, peaches, milk ²²</p> <p>Roasted chicken, m. potato, gravy, green peas, wheat roll, tropical fruit, milk</p> <p>Salisbury steak, mash potato, gravy, mix vegetable, wheat roll, pears, milk</p>	<p>Breakfast burrito, salsa, fruit, milk ²³</p> <p>Beef shepherd pie, green beans, wheat roll, pears, milk</p> <p>Orange Chicken, steam rice, fortune cookie, carrot coin, watermelon slice, milk</p>	<p>Rice & raisin, cinnamon toast, peach, milk ²⁴</p> <p>Chicken nuggets, bbq sauce, oven fries, fruit, cookie, milk</p>	<p>¹⁸</p> 
						<p>²⁵</p> 
<p>²⁶</p>	<p>Waffle, syrup, slice ham, peaches, milk ²⁷</p> <p>Orange chicken, steamed rice, fortune cookie, green beans, chill pears, milk</p> <p>Beef stew, cornbread, salad, dressing, fruited jello, fruit, milk</p>	<p>Scramble egg, sausage link, toast, melon, milk ²⁸</p> <p>Baked chicken, m.potato, gravy, sweet corn, wheat roll, mix fruit, milk</p> <p>Beef lasagna, steam squash, garlic toast, apricot, milk</p>	<p>Yogurt, fruit berries, muffin, milk ²⁹</p> <p>Sweet & sour pork, steam rice, carrot coin, fortune cookie, orange smile, milk</p> <p>Roasted chicken, m. potato, gravy, wheat roll, vegetable, melon, milk</p>	<p>Biscuit & gravy, sausage link, fruit, milk ³⁰</p> <p>Chicken alfredo w/pasta, breadstick, green peas, fruit cup, milk</p> <p>Frito pie, Spanish rice, sweet corn, orange wedges, milk</p>	<p>Cold cereal, cinnamon toast, fruit, milk ³¹</p> <p>Meatball sandwich, cucumber salad, apple wedges, milk</p>	<p>MENU SUBJECT TO CHANGE</p>