



*Breakfast, lunch dinner & menu*

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 "This institution is an equal opportunity provider"	<b>WEDNESDAYS; CURBSIDE PICK UP MEALS AT MAIN CAFETERIA.</b>  <b>BREAKFAST: 7AM – 8AM</b> <b>LUNCH: 10:30AM – 1PM</b>	<b>1</b> Pancake, syrup, slice ham, mango chunks, milk  Chicken alfredo, noodles, green bean, bread knot, pears, milk  Pepperoni pizza, hot wings, salad, dressing, banana, milk	<b>GROUND HOG DAY 2</b> Apple Jack cereal, toast, jelly, grapes, milk  Green chili enchilada, sweet corn, refried beans, tropical fruit, milk  Chicken fried steak, country gravy, mash potato, peas & carrot, tropical fruit, milk	<b>3</b> Potato O'brien, slice ham, boiled egg, toast fruit, milk  Meatloaf, mash potato, brown gravy, roll, green peas, peaches, milk  Spaghetti w/meat sauce, green beans, garlic toast chill pears, milk	<b>4</b> Biscuit & sausage gravy, pear, toast, milk  Grill Ham & cheese, tomato soup, celery stick, mango chunks, milk	<b>5</b> NAVAJO RUG 
<b>6</b> <b>ADULTMEAL:</b> <b>BREAKFAST: \$3.00</b> <b>LUNCH: \$4.00</b> <b>DINNER: \$4.00</b>	<b>7</b> Oatmeal, breakfast pizza, peaches, milk Hot dog on bun, oven fries, bake beans, apple crisp, milk	<b>8</b> B-fast burrito, peaches, apple juice, milk Turkey Taco, taco salad, salsa, Spanish rice w/black bean, sweet corn, fresh orange, milk	<b>LATE START 9</b> French toast, sausage link, grapes, milk Spaghetti w/meat sauce, cheese bread, broccoli, cantaloupe wedge, milk	<b>10</b> Cream of wheat, pumpkin bread, peaches, milk Chili beans, cornbread, collard green, fruited jello, pears, milk	<b>11</b> Ham & egg on Croissant, potato gems, fruit, milk Chicken sandwich, lettuce, pickle, oven fries, ketchup, carrot stick, apple, milk	
<b>PLEASE HAVE CORRECT AMOUNT DOLLARS CHANGE FOR MEALS.</b>	Cheeseburger, lettuce, pickle oven fries, pear cling, milk	Enchilada, Spanish rice, sweet corn, black beans, cookie, peaches, milk	Chicken sand, lettuce, pickles oven fries, celery stick, fresh apple, milk	Hot dog on bun, oven fries, green beans, tropical fruit mix, milk		
<b>HAPPY VALENTINE DAY</b> 	<b>13</b> Hot farina, donut, tropical fruit, milk Grill ham & cheese, tater tots, carrot stick, fresh orange, milk	<b>14</b> Denver Omelet, toast mix fruit, juice, milk Salisbury steak, mash potato, gravy, green peas, roll, apple, fruit rollup, milk	<b>15</b> Strawberry yogurt parfait, muffin, peaches, milk Chicken teriyaki, steam rice, carrot coin, fortune cookie, peaches, apple, milk	<b>16</b> Biscuit & gravy, sausage link, cantaloupe slices, milk BBQ baked chicken, macaroni salad, green beans, wheat roll, peaches, milk	<b>17</b> Ham & egg on English muffin, mixed fruit, milk Nacho supreme, lettuce, tomato, cheese sauce, refried beans, fresh orange, fruited jello, milk	
<b>NFL SUPERBOWL</b> <b>BENGALS VS RAMS</b>	Cheese Enchilada, Spanish rice, refried beans, cookie, peaches, milk	Chicken fried steak, mash potato, roll, mix vegetables, melon, milk	Hot ham & cheese san, tater tots, chocolate cookie, peaches, milk	Baked pork chop, rice pilaf, gravy, roll, mix vegetables, purple plum, milk		
<b>20</b> <b>MENU SUBJECT TO CHANGE</b>	<b>21</b> <b>NO SCHOOL</b>  <b>PRESIDENT'S DAY</b>	<b>22</b> Boiled egg, hash brown, toast, apricot, milk Beef lasagna, garlic toast, broccoli, fresh grape, chill pears, milk	<b>LATE START 23</b> Cold cereal, banana bread slice, kiwi, fruit cup, milk Beef & bean burrito, Mexican rice, sweet corn, fresh orange, milk	<b>24</b> Scramble egg w/ dice ham, tater tots, fresh grapes, milk Cheeseburger, lettuce, tomato, pickle, seasoned fries, fruited jello, pears, milk	<b>25</b> Oatmeal, cinnamon toast, mix fruit, milk Pepperoni pizza, hot wings, cucumber salad, celery stick dressing, fresh apple, milk	<b>26</b> 
<b>"A" DAY: MONDAY &amp; THURSDAY</b>	<b>"B" DAY: TUESDAY &amp; FRIDAY</b>	Pepperoni pizza, hot wings, salad, dressing, fresh banana, milk	Salisbury steak, mash potato, gravy, green peas, roll, peaches, milk	Enchilada, Spanish rice, sweet corn, black beans, cookie, peaches, milk		
<b>27</b> <b>WEDNESDAY: REMOTE DAY</b>	<b>28</b> Wheat waffles, syrup, slice ham, peaches, milk Hot ham & cheese on bun, oven fries, ketchup, celery stick, fresh orange, milk Beef stew, dinner roll, fruited jello, chill pear, milk	<b>01</b> Scramble egg, sausage biscuit, melon, milk Baked chicken, mash potato, gravy, steam squash, roll, mix fruit, milk Beef lasagna, Italian veggie, garlic toast, apricot, milk	<b>MY HEALTHY CHECKLIST</b> 			
OPERATING SUMMER FOOD PROGRAM-18 YRS AGE ON DOWN, EAT FREE.  Nellie James, Food Service Manager /Director njames@shontoprep.org (928) 622-3536			<b>MILK-VARIETY</b> 			
						