

SHONTO PREPARATORY SCHOOL



Breakfast Lunch Dinner Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
his institution is an	Late start 4 Assorted cereal, pumpkin bread, peaches, milk	5 Scramble egg, hash brown or yogurt, toast w/jelly, peaches, milk	6 Pancake, syrup, sausage or assorted cold cereal, muffin, milk	7 Biscuit & sausage gravy or yogurt/fruit, muffin fruit, milk	8 Chef's Choice	USDA
equal opportunity provider."	Chicken ranch wrap, celery stick, tomato soup, fresh orange, milk	Turkey Taco, taco salad, cheese, salsa, black beans, hominy, salad bar, fruit, milk	Spaghetti w/meat sauce, breadstick, green beans, melon wedges, salad bar milk	Three cheese green chili enchilada, Spanish rice, carrot coin, salad bar, pears, milk	Chicken Caesar salad, garlic toast, cheese stick, sweet corn, fruit, milk	United States
	Cheeseburger, lettuce, tomato, pickle, baked chips, pear, milk	Chicken alfredo w/pasta, breadstick, carrot coin, fruit cup, milk	Orange chicken, steam rice fortune cookie, cauliflower, peaches, milk	Shepard's pie, green beans, garlic toast, pears, milk		Department o Agriculture
10 aylight saving	200			ng.		(ALL)
17	18 Pancake, syrup, sausage link or cereal, toast, jelly,	1 st Day of Spring 19 Scramble egg w/cheese, toast or yogurt, fruit, milk	20 Oatmeal or cold cereal, toast, jelly, fruit, milk	21 Egg patty, sausage on biscuit, tots, yogurt/fruit, fruit, milk	22 Chef's Choice	
PATRICK'S DAY	milk Surfer sticks, oven fries, ketchup, cookie, salad bar, apple, milk	BBQ chicken, macaroni salad, sweet yams, salad bar, mix fruit, milk	Baked ziti, garlic bread, asparagus, fruited Jello, salad bar, fruit cup, milk	Orange chicken, steamed rice, broccoli, fortune cookie, salad bar, fruit cup, milk	Turkey ranch wrap, celery stick, baked chips, salad bar, fruit cup, milk	AND ALLOW
10-8%	Cheese enchilada, black bean, carrot coin, pears, milk	Beef lasagna, green bean, garlic toast, apricot, milk	Beef burrito, Spanish rice, sweet corn, orange wedges, milk	Parmesan chicken, breadstick, vegetable, melon, milk		Statutor THE NAVA OF
	Late start 25 Wheat bagel, cream cheese, assorted cereal fruit milk	26 Boiled egg, hash brown or yogurt w/berries, wheat toast, apricot, milk	27 Pancake, syrup, sausage or assorted cereal, muffin peaches, milk	28 Breakfast burrito, salsa, or yogurt/fruit, ½ bagel fruit, milk	29 Chef's Choice	
Navajo Rug	Hot dog on bun, baked beans, potato salad, salad bar, pears, milk	Salisbury steak, mash potato, brown gravy, roll, green bean, salad bar, fruit, milk	Chicken alfredo, garlic bread, sweet corn, salad bar, cantaloupe wedges, milk	Shepard pie, steamed broccoli, wheat roll, salad bar, peaches, milk	Chicken sandwich, lettuce, tomato, oven fries, salad bar, fresh orange, milk	THE REAL PROPERTY AND A DECEMBER OF A DECEMB
NN.	Grill cheese, tomato soup, celery sticks, mango chuck, milk	Pepperoni pizza, hot wings, veggie sticks w/dressing, fruit, milk	Salisbury steak, mash potato, gravy, vegetable, wheat roll, pears, milk	Meatball sandwich oven fries, fruit cup, milk		MENU SUBJEC TO CHANGE
	4/1 Blue cornmeal or assorted cereal, apple muffin, mango, milk	4/2 Pancake, syrup, ham or yogurt, strawberries, milk	4/3 Cottage cheese w/fruits or cereal, muffin, milk	4/4 Biscuit & gravy, sausage link or yogurt, fruit cup, milk	4/5 Chef's Choice	
	Cheeseburger on bun, lettuce, tomato, carrot stick, salad bar, fruit, milk	Meatball sandwich, cucumber salad, salad bar, apple wedges, milk	Turkey ala king on pasta, sweet peas, breadstick, salad bar, fruit, milk	Chicken ranch wrap, black bean, sweet corn, salad bar, orange wedges, milk	Grill cheese, vegetable soup, celery sticks, salad bar fruit cup, fruit, milk	Salad bar available at main cafeteria
	Shepard pie, green broccoli, wheat roll, melon, milk	Bake ziti, garlic bread, toss salad, fruited Jello, fruit cup, milk	BBQ chicken, scallop potato, sweet yams, wheat roll, mix fruit, milk	Sloppy Joe on bun, oven fries, fresh orange, milk		