

Shonto Preparatory School



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Serving. Mon – Friday; breakfast:7-8 am	4 Rice-n-raisin or cereal, muffin, fruit cup, variety milk	5 Boil egg, hash brown or yogurt w/fruit, toast, fruit juice, variety milk	6 Biscuit n gravy or cereal, wheat toast pears, variety milk	7 Egg patty, slice ham, English muffin, or yogurt w/ fruit, fruit juice, variety milk	8 Chef's Choice, fruit, variety milk	9 "This institution is an equal opportunity provider"
lunch: 10:20 am - 1pm.	Chicken Quesadillas, refried beans, Spanish rice Hominy, salad bar, orange, variety milk	Beef stew, cornbread, sweet corn, pears, fruited jello, salad bar, variety milk	Baked chicken, m. potato, gravy, green peas, wheat bread, D. pears, salad bar, variety milk	Spaghetti w/meat sauce, asparagus, breadstick, cantaloupe, salad bar, fruit variety milk	BBQ pull pork on bun, oven fries, ketchup, cookie, fresh apple, salad bar, variety milk	USDA
Dinner serves: Monday – Thursday: 5 – 6 pm.	Spaghetti w/meatsauce, garlic bread, green beans, peaches, variety milk	Salisbury steak, mash potato, b. gravy, peas, roll, pears, variety milk	Cheeseburger, oven fries, ketchup, celery stick, pears, variety milk	Orange chicken, steam rice, fortune cookie, tropical fruit, variety milk		
	Late Start 11 Hot creamy cornmeal or cereal, fruit bar, honeydew melon, variety milk	12 Breakfast bowl (scramble egg w/ham, tater tots, gravy) yogurt/ fruit, juice, variety milk	13 Hot blue cornmeal, or cereal, blueberry bagel, cream cheese, mix fruit, variety milk	14 Glaze French toast, or yogurt w/ fruit, wheat toast, jelly, fruit juice, variety milk	15 Breakfast burrito, salsa or cereal, peaches, variety milk	United States Department of Agriculture
	Grill ham & cheese, oven fries, ketchup, fruit, salad bar, variety milk	Turkey taco, lettuce, tomato, cheese, Spanish rice, sweet corn, pears, salad bar, variety milk	Chili bean, cornbread, celery stick, dressing, fruited jello, apple, salad bar, variety milk	Slice turkey, stuffing, gravy, mix vegetable, cranberry, salad bar, fruit, variety milk	Sloppy Joe on bun, carrot/ celery stick, salad bar, apple, variety milk	
	Spaghetti w/meat sauce, bread, toss salad, peaches, variety milk	Chicken alfredo, garlic bread, steam squash, peaches, variety milk	Sloppy Joe on bun, oven fries, carrot stick, apple, variety milk	Navajo Taco, fruited jello fresh orange, variety milk		AND STREE MAL
	18 Ham & egg on Croissant, or cereal, toast, mixed fruit, milk	19 Egg omelet (peppers, dice ham), toast, or yogurt w/ fruit, fruit juice, milk	20 Yogurt w/ fresh berries & fruits, or cereal, fruit cup, banana muffin, milk	21 Sausage gravy over biscuit, or yogurt w/fruits, fruit juice, milk	22 Chef's Choice	
	Pepperoni pizza, oven fries, apple wedges, salad bar, variety milk	Chicken alfredo, garlic toast, broccoli, diced pears, salad bar, variety milk	Orange Chicken, steam rice, fortune cookie, green bean, peaches, salad bar, variety milk	Beef & bean burrito, Spanish rice, carrot, rosy applesauce, salad bar, variety milk	Baked ham, green beans, wheat roll, peach cobbler, ice cream cup, variety milk	
	Cheeseburger, oven fries, celery stick, fresh orange, variety milk	Baked pork chop, rice pilaf, sweet corn, wheat roll, pears, variety milk	Three cheese green chili enchilada, Spanish rice, sweet corn, peaches, variety milk	Beef stew, fried bread, tropical fruit mix, variety milk		

