JANUARY 2024

SHONTO PREPARATORY SCHOOL

Yasnilt'ees "The Thawing of Snow"



Breakfast Lunch Dinner Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	
Happy New Year.	8 Hot blue cornmeal or cereal, donut, peaches, milk	9 Breakfast pizza, or yogurt parfait, fruit bar, fruit juice, milk	10 French toast, syrup, sausage link or cereal, toast, grapes, milk	11 Boiled egg, hash brown or yogurt parfait, toast w/jelly, fruit juice, milk	12 Chef's Choice	13
	Spaghetti w/meat sauce, breadstick, green beans, peach, milk	Orange chicken, rice, broccoli, fortune cookie, fresh apple, milk	Salisbury steak, mash potato, brown gravy, vegetables, roll, salad bar	Turkey taco, taco salad, cheese, Spanish rice, hominy salad bar, fruit, milk	Cheeseburger, lettuce, tomato, oven fries, salad bar, fresh apple, milk	USDA
	BBQ pork sandwich, fries, fruit, milk	Spaghetti w/meat sauce, green peas, breadstick, pears, milk	Cheese enchilada, Spanish rice, steam cauliflower, orange, milk	Chicken ranch wrap, veggie soup, fresh orange, milk		
	15 HOLIDAY	16 Oatmeal or yogurt parfait, muffin, fruit juice, milk	17 Waffle, sausage or cereal fruit berries, donut, milk	18 Biscuit & sausage gravy or yogurt parfait, fruit juice, milk	19 Cold cereal, donut, fruit cup, milk	United States Department of
MENU SUBJECT TO CHANGE	MARTIN LUTHER KING JR. DAY	Grill cheese sandwich, tomato soup, celery stick, salad bar, fruit, milk	BBQ chicken, mash potato, gravy, asparagus, wheat roll, salad bar, fruit, milk	Beef vegetable stew, cornbread, salad bar, pear cling, milk	Beef & bean tostada, taco salad, Mex rice, carrot coin, salad bar, rosy applesauce, milk	Agriculture
SALAD BAR AVAILABLE DURING LUNCH	NO SCHOOL	Salisbury steak, mash potato, wheat roll, peas & carrots, pear, milk	Surfer sticks, oven fries, ketchup, cookie, orange smile, milk	Frito pie, Spanish rice, sweet corn, orange wedges, milk		State of the National State
	22 Yellow cornmeal or cold cereal muffin, fruit, smoothie, milk Chicken chez enchilada Spanish rice, carrot,	23 Scr. egg w/dice ham, English muffin or yogurt parfait, fruit juice, milk Baked turkey, stuffing, gravy, carrot, salad bar	24 Pancake, sausage or cold cereal, toast, fruit, milk Chili cheese dog on bun, sweet corn, salad bar,	25 Biscuit & gravy or fruit smoothie, muffin, fruit juice, milk Beef broccoli on steam rice, corn cob, fortune	26 Ham & cheese on croissant or cold cereal, fruit milk BBQ pork sandwich, celery stick, Tatar tots,	
	salad bar, fruit, milk BBQ pork sandwich, oven fries, apple wedges, milk	peaches, milk Beef pasta, green beans, Texas toast, salad bar, peaches, milk	apple, milk Chicken & spinach Iasagna, carrot, mix fruit, milk	cookie, salad bar, pear cling, milk Beef & bean tostada, taco salad, celery stick pear, milk	salad bar, fruit, milk	Piman'
	29 NO SCHOOL	30 Boiled egg, hash brown, wheat toast, or yogurt parfait, fruit juice, milk	31 Pancake, syrup, sausage or cereal, toast, peaches, milk	Feb. 1 Breakfast burrito or yogurt parfait, muffin fruit juice, milk	Feb. 2 Chef's Choice	VARIETY MILK SERVE DAILY
	FULL DAY STAFF PROFESSIONAL DEVELOPMENT	Chicken Teriyaki, rice Asparagus, fortune cookie, salad bar, milk	Beef pasta, green beans, garlic bread, fruit, salad bar, milk	Chicken parmesan, breadstick, asparagus, fruit, salad bar, milk	Hot dog on bun, mustard, blackeye peas, salad bar, grape, milk	"This institution is an equal opportunity provider."
	Hot ham & cheese on bun, oven fries, ketchup, orange smile, milk	Navajo Taco, taco salad salsa, white hominy, grapes, milk	Chicken quesadilla, salad, dressing, corn on cob, watermelon cubes, milk	Pepperoni pizza, hot wings, veggie sticks w/dressing, fruit, milk		