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