

Crazy Horse School
School Year
 23/24
Menu

Dates: Nov 13-17 menu

Required Components	Grades K- 8	Grade s 9-12	Anpetu Tokahe Monday	Anpetu Nupa Tuesday	Anpetu Yamni Wednesday	Anpetu Topa Thursday	Anpetu Zaptan Friday
Breakfast Milk Grains/Bread (including WG Cereal & Breads) * Fruits Juice	1 cup 1 ounce ½ cup ½ cup	1 cup 1-2 oz 1 cup 1 cup	Milk Breakfast pizza Sliced peaches Apple juice	Milk Belgian waffles Syrup Sliced pears Orange juice	Milk Go Gurts Apricots Cranberry juice	Milk Blueberry muffins Cheese sticks Pineapple tidbits Fruit punch	Milk Cold cereal Mandarin orange Beef sticks Orange juice
Lunch Milk Meat of Meat Alternate Vegetable Fruit (2 or more) Grains/Breads (Whole Grain Bread)	1 cup 1-2 ounce ¼ cup ½ cup Min. of 1 Slice 1 ounce	1 Cup 2 oz 1 cup 1 cup 2 oz	Milk Pepperoni pizza Broccoli florets Fresh baby carrots Sliced peaches Salad bar	Milk White chicken chili Corn bread Cherry tomato Cucumber slices Fresh banana Salad bar	Milk Chicken nuggets Spanish rice Tropical fruit Biscuit Cauliflower florets Salad bar	Milk Corn dog Green beans Fruit cocktail Tator tots Salad bar	Milk Hamburger on bun W oven fries Baked beans Mandarin orange Pickle slices Tomato slices Salad bar
			oranges	Kiwi	pear	Apple gala	Banana

