

# SHONTO PREPARATORY SCHOOL

## JANUARY 2022

BREAKFAST LUNCH DINNER MENU

Yas Nilt' ees "Crusted, Thawing of Snow"



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Happy New Year!</b></p> <p>DORM MEALS ARE SERVED SUNDAY THRU THURSDAY 5-6PM</p> <p><b>Play, Learn and Grow... Together!</b></p> 	<p>3 Breakfast pizza, apple churro bar, fruit, milk</p> <p>Cheeseburger on bun, oven fries, ketchup, carrot sticks, peaches, milk</p> <p>Grill ham &amp; cheese, tomato soup, celery stick, peaches, milk</p>	<p>4 Boiled egg, hash brown, wheat toast w/ jelly, peaches, milk</p> <p>Pork pozole soup, wheat roll, salad w/ dressing fruited jello, fresh orange smile, milk</p> <p>Salisbury steak, mash potato, b. gravy, peas, roll, pears, milk</p>	<p>5 Strawberry yogurt, cinnamon roll, banana, pears</p> <p>Roast slice turkey, stuffing, gravy, mix vegetable, apricot, milk</p> <p>Sloppy Joe on bun, oven fries, carrot stick, apple, milk</p>	<p>6 Fried egg, slice ham, English muffin, jelly, melon, mix fruit, milk</p> <p>Spaghetti w/ meatball sauce, sweet corn, breadstick, fruited jello, cantaloupe melon, milk</p> <p>Beef vegetable stew, roll, corn cob, tropical fruit, milk</p>	<p>7 Hot oatmeal, banana muffin, fruit, milk</p> <p>Chicken quesadillas, Churro, refried bean, vegetable blend, apricot, milk</p> <p>Early release</p>	<p>8 "This institution is an equal opportunity provider"</p> <p>Operating Summer Food Program.</p> <p>Free meals to child 18 years of age and under.</p>
	<p>10 Hot creamy cornmeal, fruit bar, melon honeydew, milk</p> <p>Chicken sandwich, lettuce, tomato, oven fries, ketchup, celery stick, apricot, milk</p> <p>Spaghetti w/ meat sauce, bread knot, toss salad, dressing, peaches, milk</p>	<p>11 Breakfast bowl (scramble egg w/ ham, tater tots, gravy) fruit, milk</p> <p>Chili bean, cornbread, toss salad, dressing, fruited jello, apple, milk</p> <p>Vegetable beef stew, fried bread, fruited jello, milk</p>	<p>Late start 12 Pancake, syrup, slice baked ham, mix fruit, milk</p> <p>Roast pork chop, rice pilaf, wheat roll, vegetable, peaches, milk</p> <p>Grill Ham &amp; cheese, oven fries, ketchup, celery stick, pears cookie, milk</p>	<p>13 Sausage gravy over biscuit, orange smiles, milk</p> <p>Three cheese green chili enchilada, Spanish rice, sweet corn, assorted cookie, pears, milk</p> <p>Navajo Taco, fruited jello fresh orange, milk</p>	<p>14 Breakfast burrito, salsa, peaches, milk</p> <p>Sloppy Joe on bun, oven fries, ketchup, celery stick, apple, milk</p>	<p>15 USDA United States Department of Agriculture</p>
	<p>17 NO SCHOOL</p> <p>HOLIDAY MARTIN LUTHER KING JR. DAY</p> <p>Cheeseburger, oven fries, celery stick, fresh orange, milk</p>	<p>18 French toast, syrup, sausage link, grapefruit, milk</p> <p>Ham &amp; bean soup, cornbread, salad, dressing, diced pears, milk</p> <p>Baked pork chop, rice pilaf, sweet corn, wheat roll, pears, milk</p>	<p>19 Egg omelet (peppers, dice ham) Tater tots, toast, fruit, milk</p> <p>Orange Chicken, steam rice, fortune cookie, green bean, peaches, milk</p> <p>Three cheese green chili enchilada, Spanish rice, sweet corn, peaches, milk</p>	<p>20 Bagel w/ cream cheese, assorted cold cereal, kiwi, orange, milk</p> <p>Salisbury steak, m. potato, gravy, mix vegetable, wheat roll, peaches, milk</p> <p>Beef stew, fried bread, tropical fruit mix, milk</p>	<p>21 Ham &amp; egg on Croissant, mixed fruit, milk</p> <p>Hot ham &amp; cheese on bun, oven fries, ketchup, salad w/ dressing, grapes, milk</p>	<p>22 ARIZONA Department of Education</p>
	<p>24 Hot farina, wheat bagel, cream cheese, fruit milk</p> <p>Beef &amp; potatoes, green bean, dinner roll, fruited jello, honeydew melon, milk</p> <p>Orange Chicken, steam rice, vegetable egg roll, carrot coin, watermelon slice, milk</p>	<p>25 Scramble egg, slice turkey bacon, cinnamon roll, melon, milk</p> <p>Slice turkey, stuffing, gravy, mix vegetable, cranberry, fruit, milk</p> <p>Macaroni &amp; cheese w/ dice ham, texas toast, tropical fruit, milk</p>	<p>Late start 26 Waffles, syrup, baked ham, berries, peaches, milk</p> <p>Roasted chicken, m. potato, gravy, green peas, wheat roll, tropical fruit, milk</p> <p>BBQ pork sandwich, baked potato chip, celery stick w/ dressing, fresh apple, milk</p>	<p>27 Breakfast burrito, salsa, fruit, milk</p> <p>Cold Cut sandwich, lettuce, tomato, chicken noodle soup, apple crisp, milk</p> <p>Salisbury steak, mash potato, gravy, mix vegetable, wheat roll, pears, milk</p>	<p>28 Rice &amp; raisin, cinnamon toast, peach, milk</p> <p>BBQ pork pull sandwich, oven fries, fruit, cookie, milk</p>	<p>29 NELLIE JAMES, Food Service Manager-Director</p>
<p>HEALTHY MEALS IS GOOD FOR YOU!</p> 	<p>31 NO SCHOOL</p> <p>FULL DAY PROFESSIONAL DEVELOPMENT DAY</p> <p>Chicken sandwich, lettuce, tomato, oven fries, fruit, milk</p>	<p>February 1 Waffle, syrup, slice ham, peaches, milk</p> <p>Turkey Taco, taco salad, cheese, salsa, refried beans, Mexican rice, hominy, fruit, milk</p> <p>Chili beans, cornbread, salad, dressing, fruited jello, fruit, milk</p>	<p>BREAKFAST OFFERING: K-12 GRADE/ HIGH SCHOOL BREAKFAST BAR</p> <p>MEAT/MEAT ALT: 1 OZ DAILY GRAINS: 1 OUNCE DAILY FRUIT: 1 CUP DAILY MILK (VARIETY): 8 OZ DAILY</p>	<p>DAILY LUNCH OFFERING: K-8 GRADES (ELEMENTARY)</p> <p>MEAT/MEAT ALT: 1 OZ DAILY GRAIN: 1 OZ DAILY VEGETABLE: 6 OZ FRUIT: 1 CUP MILK (VARIETY): 8 OZ</p>	<p>DAILY LUNCH OFFERING: HIGH SCHOOL (9-12)</p> <p>MEAT/MEAT ALT: 2 OZ GRAINS: 2 OZ VEGETABLES: 6 OZ FRUITS: 1 CUP MILK (VARIETY) 8 OZ DAILY</p>	<p>SEAL OF THE NATION</p> <p>Nellie James, Food Service Manager-Director</p> <p>MENU SUBJECT TO CHANGE</p> <p>FACE MASK REQUIRED @ CAFETERIA!</p>