

APRIL 2022










SHONTO PREPARATORY SCHOOL

"GROWTH OF EARLY PLANT LIFE"

TA'A'CHIL



BREAKFAST LUNCH DINNER MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Daily available: Pre-package toss salad/dressing. Variety milk: Milk1%, choc-fat-free, lactose milk</p> 	<p>BREAKFAST OFFERING: K-12 GRADE/ HIGH SCHOOL BREAKFAST BAR</p> <p>MEAT/MEAT ALT: 1OZ GRAINS: 1 OUNCE DAILY FRUIT: 1 CUP 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</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</p>		<p>¹ Boiled egg, hash brown, wheat toast w/jelly, peaches, milk</p> <p>Sloppy Joe on bun, oven fries, ketchup, celery stick, apple, milk</p>	<p>² "This institution is an equal opportunity provider"</p> 
<p>³ </p>	<p>⁴ Hot creamy wheat, fruit bar nutrigrain bar, peaches, milk</p> <p>Chicken quesadillas, refried beans, vegetable blend, pear halves, milk</p>	<p>⁵ Wheat pancake, syrup, slice ham, chill mix fruit, fruit juice, milk</p> <p>Chili bean, cornbread, toss salad, dressing, sweet corn, fruited jello, pear, milk</p>	<p>⁶ Late start Apple Cinnamon cheerios cereal, blueberry muffin, tropical fruit, milk</p> <p>Beef & potatoes, green bean, dinner roll, honeydew melon, milk</p>	<p>⁷ Sausage gravy over biscuit, orange smiles, fruit, milk</p> <p>Orange chicken, oriental Pasta, vegetable egg roll, green peas, plum, milk</p>	<p>⁸ Yogurt cup, wheat bagel, chill fruit, milk</p> <p>Grill Ham & cheese, sweet potato fries, ketchup, celery stick, banana, mix fruit, milk</p>	<p></p>
<p>Play, Learn and Grow... Together!</p> <p>Happy Easter</p> 	<p>Spaghetti w/meat sauce, bread stick, toss salad, dressing, peaches, milk</p> <p>¹¹ Hot farina cereal, banana muffin, fruit, milk</p> <p>Pepperoni pizza, baked chip, celery & carrot sticks, dressing, cookie, chill pear, milk</p> <p>Cheeseburger, oven fries, celery stick, fresh orange, milk</p>	<p>BBQ pull pork on bun, oven fries, carrot stick, apple, milk</p> <p>¹² French toast, syrup, sausage link, grapefruit, milk</p> <p>Turkey taco, taco salad, cheese, refried beans, sweet corn, mix melon cubes, milk</p> <p>Baked chicken, rice pilaf, sweet corn, wheat roll, pears, milk</p>	<p>Grill Ham & cheese, tomato soup, celery stick, pears cookie, milk</p> <p>¹³ Breakfast burrito, chill fruit, fruit juice, milk</p> <p>Orange Chicken, steam rice, fortune cookie, green broccoli, peaches, milk</p> <p>Beef stew, corn bread, tropical fruit mix, milk</p>	<p>Navajo Taco, fruited jello fresh orange, milk</p> <p>¹⁴ Breakfast bowl (scramble egg w/ham, tater tots, gravy) fruit, milk</p> <p>Salisbury steak, m. potato, gravy, mix vegetable, wheat roll, peaches, milk</p> <p>Cheeseburger, lettuce & tomato, pickle, oven fries, fresh apple, milk</p>	<p>¹⁵ Cinnamon roll, cold cereal, chill peaches, milk</p> <p>Hot ham & cheese on bun, oven fries, ketchup, salad w/dressing, grapes, milk</p>	<p></p>
<p></p> <p>HEALTHY MEALS IS GOOD FOR YOU!</p>	<p>¹⁸ Hot farina, wheat bagel, cream cheese, fruit milk</p> <p>Cheeseburger on bun, oven fries, ketchup, carrot sticks, peaches, milk</p> <p>Macaroni & cheese w/ dice ham, green peas, garlic toast, tropical fruit, milk</p>	<p>¹⁹ Scramble egg w/dice ham, cinnamon roll, melon, milk</p> <p>Three cheese green chili enchilada, Spanish rice, sweet corn, refried beans, pears, milk</p> <p>Orange Chicken, steam rice, vegetable egg roll, carrot coin, watermelon slice, milk</p>	<p>²⁰ Late start Bagel w/ cream cheese, assorted cold cereal, kiwi, orange, milk</p> <p>Pork chow mein, oriental pasta, veggie egg roll, apple crisp, milk</p> <p>BBQ pork sandwich, baked potato chip, celery stick w/ dressing, fresh apple, milk</p>	<p>²¹ Boil egg, wheat toast, hash brown, mix fruit, orange juice, milk</p> <p>Roasted chicken, m. potato, gravy, green peas, wheat roll, tropical fruit, milk</p> <p>Salisbury steak, mash potato, gravy, mix vegetable, wheat roll, melon wedge, milk</p>	<p>²² Rice & raisin, cinnamon toast, peach, milk</p> <p>Turkey Wrap, baked chip, carrot & celery stick, dressing, fresh orange, cookie, milk</p>	<p>²³ </p>
<p></p>	<p>²⁵ NO SCHOOL</p> <p>NAVAJO SOVEREIGNTY DAY</p>	<p>²⁶ 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>²⁷ Cheerios cereal, cinnamon roll, jelly, fruit, milk</p> <p>Spaghetti w/meatball sauce, steam cauliflower, breadstick, pear, milk</p> <p>Chicken alfredo, pasta, breadstick, mix vegetable, fresh orange, milk</p>	<p>²⁸ Wheat biscuit & country gravy, sausage link, fruit, milk</p> <p>Sweet & sour chicken, steam rice, fortune cookie, green beans, pears, milk</p> <p>Hot dog on bun, bake chips, fresh apple, oatmeal cookie, milk</p>	<p>²⁹ Cold cereal, wheat toast, cut-up melons, fruit juice, milk</p> <p>Surf sandwich, lettuce & tomato, oven fries, celery stick, fruit, milk</p>	<p>MENU SUBJECT TO CHANGE</p> <p>FACE MASK REQUIRED @ CAFETERIA!</p>