SHONTO PREPARATORY SCHOOL



Breakfast Lunch Dinner Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
This institution is equal opportunity provider."	NEL C		2 Yogurt, fruit berries, muffin, milk	3 Scramble egg, hash brown, wheat toast w/jelly, peaches, milk	4 Biscuit & sausage gravy, fruit, milk	
			Spaghetti w/meat sauce, breadstick, green beans, cantaloupe wedges, milk	Three cheese green chili enchilada, Spanish rice, sweet corn, pears, milk	Sloppy Joe on bun, toss salad, dressing, melon, pudding, milk	USDA
**.	TREE	I O R	Cold deli sandwich, chips, carrot sticks, fruit, milk	Spaghetti w/meat sauce, green beans, garlic toast, pears, milk		United States Department o
6	7 Hot blue cornmeal, breakfast pizza, peaches, milk	8 Egg omelet, wheat toast, salsa, fruit, milk	9 French toast, syrup, sausage link, grapes, milk	10 Cream of wheat, pumpkin bread, peaches, milk	11 Assorted cereal, toast, orange smile, milk	Agriculture
	Corndog, mustard, macaroni salad, sugar snap, fresh apple, milk	Turkey Taco, taco salad, cheese, salsa, black beans, carrot, fruit, milk	Macaroni & cheese w d. ham, breadstick, steam broccoli, fruit milk	Deli turkey on bun, lettuce, tomato, oven fries, ketchup, fresh apple, milk	Chicken Caesar salad, garlic toast, beets, fruit, milk	KRIZONA
Scalue Scalue	Cheeseburger, lettuce, tomato, pickle, baked chips, pear, milk	Chicken alfredo w/pasta, breadstick, green peas, fruit cup, milk	Cheese enchilada, Spanish rice broccoli, cantaloupe wedges, milk	Chicken ranch wrap, celery stick, potato chip, fresh orange, milk		
13 NATIONAL NAVAJO CODE TALKER DAY- AUGUST 14.	14 Pancake, syrup, sausage link, blueberries, milk	15 Scramble egg w/cheese, toast, fruit, milk	16 Yogurt, fruit berries, muffin, milk	17 Biscuit & gravy, sausage link, fruit cup, milk	18 Cold cereal, cinnamon roll, fruit cup, milk	PHOTOL OF EARCH
	Surfer sticks, oven fries, ketchup, cookie, orange smile, milk	BBQ chicken, macaroni salad, sweet corn, veggie mix fruit, milk	Bake ziti, garlic bread, toss salad, fruited jello, fruit cup, milk	Meatball sandwich, cucumber salad, apple wedges, milk	Turkey ranch wrap, celery stick, macaroni salad, fruit cup, milk	
	BBQ pork sandwich, coleslaw, cantaloupe, milk	Beef lasagna, steam squash, garlic toast, apricot, milk	Beef burrito, Spanish rice, sweet corn, orange wedges, milk	Parmesan chicken, breadstick, vegetable, melon, milk		Statu of THE MANA
	Late start 21 Wheat bagel, cream cheese, fruit milk	22 Boiled egg, hash brown, wheat toast, apricot, milk	23 Pancake, syrup, sausage berries, peaches, milk	24 Breakfast burrito, salsa, fruit, milk	25 Rice & raisin, banana muffin, tropical fruit, milk	
Navajo Rug	Hot dog on bun, baked beans, potato salad, pears, milk	Soft turkey taco, taco salad, Spanish rice, carrot coin, melon, milk	Chicken parmesan, sweet corn, cantaloupe wedges, milk	Shepard pie, steamed broccoli, wheat roll peaches, milk	Chicken sandwich, lettuce, tomato, oven fries, fresh orange, milk	THE REAL PROPERTY IN CONTRACTOR
	Grill cheese, tomato soup, celery sticks, mango chuck, milk	Pepperoni pizza, hot wings, veggie sticks w/dressing, fruit, milk	Salisbury steak, mash potato, gravy, vegetable, wheat roll, pears, milk	Meatball sandwich oven fries, fruit cup, milk		MENU SUBJEC TO CHANGE
N.	28 Blue cornmeal, apple muffin, mango, milk	29 Pancake, syrup, ham, strawberries, milk	30 Cottage cheese w/fruits, muffin, milk	31 Egg patty, sausage on biscuit, tots, fruit, milk	9/1 Assorted cereal, fruit muffin Blueberries, milk	
· A	Hamburger on bun, lettuce, tomato, carrot stick, fruit, milk	Orange chicken, steamed rice, broccoli, fortune cookie, fruit cup, milk	Turkey alfredo on pasta, sweet peas, breadstick, fruit, milk	Chicken ranch wrap, black bean, orange wedges, milk	Grill cheese, vegetable soup, crackers, fruit cup, milk	Salad bar available a high school/main cafeteria
C CHA	Shepard pie, green broccoli, wheat roll, melon, milk	Bake ziti, garlic bread, toss salad, fruited jello, fruit cup, milk	BBQ chicken, scallop potato, sweet corn, wheat roll, mix fruit, milk	Sloppy Joe on bun, oven fries, fresh orange, milk		