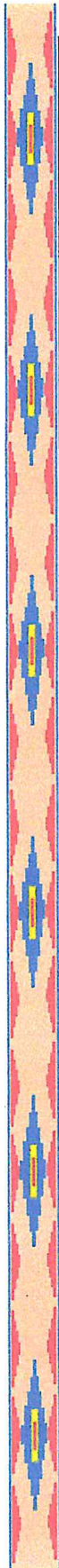


**Crazy Horse School
School Year**

Dates: May 1-5 menu

2022/2023

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	Milk	Milk	Milk	Milk
Lunch Milk Meat of Meat Alternate Vegetable Fruit (2 or more) Grains/Breads (Whole Grain Bread)	1 cup 1-2 ounce ¾ cup ½ cup Min. of 1 Slice 1 ounce	1 Cup 2 oz 1 cup 1 cup 2 oz	Milk Chicken patty sand baked beans pickles slices carrot sticks fresh fruit (apple) salad bar	Milk Cheeseburger Baked fries Celery sticks Peas Fresh fruit (orange) Salad bar	Milk Chicken strip w Slice bread Pasta salad Cucumber slices Fresh fruit (pineapple) Salad bar	Milk Sloppy jo sand Cauliflower salad Peas & carrots Fresh fruit (pear) Pickle spear Salad bar	Milk K-6 Shrine Cirrus 7-12 Pizza Romaine salad Orange juice Sliced apples. Salad bar
Salad Bar			orange	Banana	Apple	Pear	Assorted fruit

