# MENU-LOCAL
## March 2021 — SHONTO PREPARATORY SCHOOL

Wo'o'zhchi'i'd    "First cry of Eaglets

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **Meal served:**<br>**7am – 1pm**<br><br>Monday thru Friday curbside meal pickup at main cafeteria | **1**<br>Hot rice & raisin cereal, muffin, pear,<br><br>Grill Ham & cheese sandwich, assorted chip, carrot & celery, chill pear, milk | **2**<br>Pancake w/syrup, slice ham, apricot, milk<br><br>Spaghetti w/meat sauce, breadstick, green bean, chill apricot, milk | **3**<br>Breakfast pizza, muffin, peaches, milk<br><br>Salisbury steak, mash potato, brown gravy, mix vegetable, fruit, milk | **4**<br>Biscuit & gravy, sausage link, mix<br><br>Chicken Fajita, Spanish rice, beans, vegetable , fruit, milk | **5**<br>Oatmeal, pop tart, pears, milk<br><br>Pepperoni pizza, hot wings, French fries, ketchup, fruit, milk | **6** |
| **7**<br>We Have Nine Planets Again! (Welcome back Pluto!) | **8**<br>Hot farina cereal, muffin, pear, milk<br><br>Hot Ham & Cheese on bun, French fries, ketchup, fresh apple milk | **9**<br>Waffles, syrup, sausage patty, mix fruit, milk<br><br>Green beef burrito, corn chip, carrot sticks, mix fruit, milk | **10**<br>Ham & egg on Croissant fruit, milk<br><br>Baked chicken, M. potato, chicken gravy, sweet peas, bread, peaches, milk | **11**<br>Bacon & egg, muffin, tater tot, fruit, milk<br><br>Spaghetti W/meat sauce, breadstick, green bean, chill apricot, milk | **12**<br>Breakfast grab n go, milk<br><br>BBQ pork sandwich, oven fries, ketchup, chill fruit cup, milk | *This institution is an equal opportunity provider."*<br><br>*In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.*<br><br>*Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.* |
| **14**<br>Wear your face mask in public | **15** | **16** | | **18** | **19** | |
| **20**<br>FIRST DAY OF Spring MARCH 20 | **22**<br>Hot cereal muffin, peaches , milk<br>Hamburger on bun, French fries, ketchup, fresh apple  milk | **23**<br>Scramble egg, bacon, biscuit, chill pear, milk<br>Chicken Fajita, Spanish rice, beans, vegetable , fruit, milk | **24**<br>Waffle, syrup, sausage link, chill peaches, milk<br>Salisbury steak, mash potato, brown gravy, mix vegetable, fruit, milk | **25**<br>Ham & egg on muffin, tater tot, fruit,<br>Baked pork chop, breadstick, green bean, chill apricot, milk | **26**<br>Breakfast grab n go, milk<br>Pepperoni pizza, hot wings, French fries, ketchup, fruit, milk | |
| **28** | **29**<br>Breakfast pizza, muffin, peaches, milk<br><br>Grill ham & cheese, assorted chip, carrot & celery, dressing, milk | **30**<br>Biscuit & gravy, fruit, sausage link, milk<br><br>Chili macaroni, breadstick, green beans, peaches, milk | **31**<br>Scramble egg, bacon, biscuit, chill pear, milk<br><br>Orange chicken, steam rice, vegetable blend, chill peaches, milk | MENU SUBJECT   TO CHANGE | | |

**Spring Break**