

DZILTH-NA-O-DITH-HLE COMMUNITY SCHOOL

MENU

2023 APRIL (T'aachil)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>SWISS CHARD</u> is a nutritional powerhouse, an excellent source of Vitamins K, A and C, as well as a good source of magnesium, potassium, iron and dietary fiber</p>	<p>Fresh Pick of the month Swiss Chard</p> 		<p>DISCOVERING OUR PLATE</p>  <p>Choose MyPlate.gov</p>	
<p>3 Sausage Pancake on Stick Syrup Cups Apple Juice /Berry Cups</p> <p>Chicken Noodle Soup Veggie Sticks Crackers Diced Peach Cups Milk</p>	<p>4. Sausage Biscuits Orange Wedges Milk</p> <p>Chili Macaroni Cheesy Bread Sticks Spring Salad/Dressing Fruit Cocktails Milk</p>	<p>5. Cream of Wheat WW Toast/Jelly Fresh Blueberry/Stby Milk</p> <p>Pork Roast Mashed Potatoes/Gravy Green Beans Sliced Peaches Dinner Rolls, Milk</p>	<p>6. Shredded Wheat Cereal Fresh Bananas, Orange Juice Cheese Sticks, Milk</p> <p>Corn Dogs Baked Beans Tater Tots Fresh Fruit Cup Milk</p>	<p>7. <u>NO SCHOOL GOOD FRIDAY.</u></p> 
<p>10. Assorted Cereal Fruit Go-Gurt Orange Wedges Milk</p> <p>Hamburgers/WW Buns Lettuce, Tomatoes Oven Fries, Baked Beans Fresh Apples Milk</p>	<p>11. French Toast/Syrup Strawberry Cups Orange Juice Milk</p> <p>Chicken Pot Pie Garden Salad/Dressing Red Bell Peppers Strips Strawberry Cups Saltine Crackers Milk</p>	<p>12. Oatmeal/Toast Boiled Eggs Fruit Cup/Bananas Milk</p> <p>Roast Turkey/Gravy Mashed Potatoes Garden Salad/Dressing Pumpkin Pie WW inner Rolls Milk</p>	<p>13. Egg/Sausage Sandwich Diced Apples Milk</p> <p>Spaghetti/Meat Sauce Cheesy Bread Sticks Garden salad/Dressing Purple Plums Milk</p>	<p>14. Fruit Smoothie Breakfast Rounds Milk</p> <p>Nacho Supreme Lettuce, tomatoes Season Corn Fresh Grapes Milk</p>
<p>17. Biscuit & Sausage Gravy Fresh Fruit Cup Milk</p> <p>Beef Stew/Vegetables Homemade Cornbread Orange Wedges Milk</p>	<p>18. Pancakes/Syrup Sausage Patty Fruit Cup, Milk</p> <p>Soft Shell Tacos Lettuce, Tomatoes Pinto Beans Chips & Salsa Mandarin Oranges Milk</p>	<p>19. Breakfast Pizza Melon Cup/Blueberries Milk</p> <p>Orange Chicken Vegetable Low Mein Season Broccoli Melon Cup Milk</p>	<p>20. Breakfast Combo Bars Diced Peaches Orange Juice</p> <p>Macaroni & Cheese WW Dinner Rolls Spinach Garden Salad Tomato Wedges Fresh Grapes Milk</p>	<p>21. Frosted Pop Tarts Berry Cups Wango Mango Juice Milk</p> <p>Chicken Nuggets Oven Fries Vegetable Sticks Orange Slices Milk</p>
<p>24.  NO SCHOOL NAVAJO NATION SOVERIGNTY DAY</p>	<p>25. Blue Cornmeal Mush Fruit Cocktails Milk</p> <p>Salisbury Steaks Mashed Potatoes/Gravy Season Carrots Applesauce WW Rolls Milk</p>	<p>26. Mini Waffle Grapes/Mandarin Oranges, Milk</p> <p>Roast Chicken Au Gratin Potatoes Season Corn WW Dinner Rolls Fruit Cocktails Milk</p>	<p>27. Breakfast Burritos w/Potatoes, Eggs Orange Juice, Milk</p> <p>Beef Lasagna Garden salad/Dressing Garlic Toast Sliced Peaches Milk</p>	<p>28. Fruit Yogurt Granola Fresh Fruit,Milk</p> <p>Pepperoni Pizza Spinach Salad Season Green Beans Fresh Fruit Milk</p>

FOOD SERVICE DEPARTMENT -505-960-8725 - Director of Food Service MaryLou Nez Begay; 505-320-4877

This Institution is an Equal Opportunity Provider.
Menu is subject to change due to product availability.