

Navajo Preparatory High School Breakfast & Lunch Menu

MAY 2012



Assorted Cold Cereal, Hot Cereal, Yogurt Parfait, Sausage, Scrambled Eggs, Tortilla, Breakfast Pizza and Biscuits & Gravy are offered daily for breakfast. Juice & Low-Fat Skim Milk as well as assorted fruit are available with every meal.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Breakfast

Ham & Egg Prep Muffin

Lunch

Sloppy Joe W/Wheat Bun
Tater Tots
Green Beans

Breakfast

Waffles

Lunch

Beef Ravioli
Steamed Broccoli
Warm Wheat Roll

Breakfast

Sausage & Pancake Wrap

Lunch

Italian Spaghetti
Wheat Garlic Toast
Steamed Broccoli

Breakfast

Breakfast Quesadilla

Lunch

Salisbury Steak
Mashed Potatoes
Seasoned Corn

Breakfast

Homestyle Pancakes

Lunch

General Tso Chicken
Brown Rice
Stir Fry Veggies
Egg Roll

Breakfast

Two Eggs & Ham

Lunch

Chili Cheese Coney
Oven Fries
Green Peas

Breakfast

Muffin

Lunch

CHILACA

Breakfast

Cinnamon Roll

Lunch

Turkey Ala King
Wheat Roll

Breakfast

Pop Tarts

Lunch

Lean Chopped Beef
W/Fresh Sautéed
Mushrooms
Baked Potato
Wheat Roll

Breakfast

Wheat French Toast

Lunch

Monte Cristo Sandwich
Grape Jelly
Green Peas
Oven Fries

Breakfast

Ham & Egg Prep Muffin

Lunch

Hot Turkey Sandwich on
Wheat Toast
Mashed Potatoes & Gravy
Green Beans

Breakfast

Waffles

Lunch

CHILACA

Breakfast

Sausage & Pancake Wrap

Lunch

Beef A Roni
Wheat Roll
Mixed Vegetables

Breakfast

Breakfast Quesadilla

Lunch

Potato & Ham Burrito
W/
Green Beans

Breakfast

Homestyle Pancakes

Lunch

Cheese Steak Sandwich
W/Fresh sautéed
Mushrooms, Peppers
and Swiss cheese
Oven Fries

Breakfast

Two Eggs & Ham

Lunch

Fire Cracker Chicken
Wrap, Has Fresh Jicama,
Peppers & Corn, Held
together with a spicy
Mayo Sauce

Breakfast

Muffin

Lunch

CHILACA

Breakfast

Cinnamon Roll

Lunch

Steak Fingers
Mashed Potatoes & Gravy
Green Beans
Wheat Roll

Breakfast

Pop Tarts

Lunch

Beef Ravioli
Steamed Broccoli
Wheat Dinner Roll

**MEMORIAL
DAY
HOLIDAY**

Breakfast

Ham & Egg Prep Muffin

Lunch

Breaded Chicken
Mashed Potatoes & Gravy
Green Peas
Wheat Dinner Roll

Breakfast

Waffles

Lunch

CHILACA

Breakfast

Sausage & Pancake Wrap

Lunch

Posole W Fry Bread
Fresh Fruit



Monday

The Grill

Bean & Cheese Burrito
Grilled Cheese Sandwich
Hamburger

Bravo

Veggie Supreme Pizza

Field Of Greens

House Chopped Salad

Deli

Ham, Turkey, Roast Beef

Tuesday

The Grill

Corn Dog
Cheese Quesadilla
Hamburger

Bravo

Pepperoni Pizza

Field Of Greens

Classic Chef Salad

Deli

Ham, Turkey, Roast Beef

Wednesday

Chilaca

1. Choose Your Style

Burrito
Taco Bowl
Taco Shell
Fajita Style

2. Select Your Meat

Taco Beef
Carnita(Pork)
Chicken
Vegetarian

3. Add Your Extras

4. Select Your Salsa

Thursday

The Grill

BBQ Riblett
Chicken Quesadilla
Hamburger

Bravo

Meat Combo Pizza

Field Of Greens

Hazels Taco Salad

Deli

Ham, Turkey, Roast Beef

Friday

The Grill

Hot Dog
Grilled Veggie Hoagie
Hamburger

Bravo

Veggie Supreme Pizza

Field Of Greens

Classic Chef Salad

Deli

Ham, Turkey, Roast Beef