





OHKAY OWINGEH COMMUNITY SCHOOL

BREAKFAST/LUNCH MENU

FEBRUARY 2019



Monday		Tuesday		Wednesday		Thursday		Friday	
								1 WG Cereal Yogurt Apples w/peanut butter Juice Milk	Red Enchiladas Tossed Salad w/ranch WW Tortilla Plums Milk
4 Oatmeal Peaches Juice Milk	BBQ Chicken Mashed Potatoes w/gravy WW Roll Peas Oranges Milk	5 French Toast w/syrup Strawberries Juice Milk	Frito Pies w/garnish Corn on the cob WW Tortilla Cantaloupe Milk	6 Bagel Cream cheese Plums Juice Milk	Pork Chops Stuffing Corn Mandarin Oranges Milk	7 Breakfast Burrito Fruit Cocktail Juice Milk	Mac & Cheese Green Beans WW Biscuit Pears Milk	8 Scrambled Eggs WW Toast Peaches Juice Milk	Chicken Quesadilla Salad w/ranch Apricots Milk
11 Oatmeal Fruit Juice Milk	Posole Pinto Beans WW Fry Bread Jell-O w/fruit Milk	12 English Muffin Sausage , egg Pears Juice Milk	BBQ Pork Sandwich Cole Slaw Watermelon Milk	13 Malt O Meal Oranges Juice Milk	Bean & Beef Burritos Spanish Rice Spinach Salad w/ranch Pineapple Milk	14 Pancakes Bacon Fruit Juice Milk	 Ham & Cheese Vegetable Soup Carrot Sticks w/ranch Fruit Cocktail Milk	15 Egg Sandwich Applesauce Juice Milk	Pepperoni Pizza Salad w/ranch Applesauce graham crackers Milk
18  NO SCHOOL	19 Staff In-Service No School For Students			20 Biscuit Sausage, cheese Apricots Juice Milk	Beef Patty Mashed Potatoes w/gravy Corn, WW Roll Mandarin Oranges Milk	21 PB & Jelly Sandwich Apples Juice Milk	Philly Cheese Steak Baked Beans Pineapples Milk	22 WG Cereal Yogurt Mandarin Oranges Juice Milk	Macaroni w/meat sauce Mixed Vegetables WW Bread Fruit Milk
25 Blueberry Muffin Apples Juice Milk	Roast Beef Sandwich Celery w/ranch Pears Milk	26 Country Potatoes Bacon, Cheese WW Toast Fruit Cocktail Juice Milk	Beef Stew w/vegetables WW Biscuit Cucumbers w/ranch Peaches Milk	27 Biscuit w/sausage gravy Pineapples Juice Milk	Chicken Enchiladas Salad w/ranch WW Tortilla Oranges Milk	28 Scrambled Eggs Potato, ham WW Toast Peaches Milk	Sloppy Joes Corn Fruit Cocktail Milk	---This institution is an equal opportunity provider. ---Menu is subject to change.	