

OHKAY OWINGEH COMMUNITY SCHOOL

BREAKFAST/LUNCH MENU

March 2019



Monday		Tuesday		Wednesday		Thursday		Friday	
<p>---This institution is an equal opportunity provider.</p> <p>---Menu is subject to change.</p>								<p>1 WG Cereal Apples Juice Milk</p>	<p>Grilled Cheese Tomato Soup Mandarin Oranges Milk</p>
<p>4 Quesadilla Fruit Cocktail Juice Milk</p>	<p>Steak Fingers Mashed Potatoes w/gravy Green Beans WW Roll Apples Milk</p>	<p>5 Oatmeal Pears Juice Milk</p>	<p>Chicken Strips Celery Sticks w/ranch Applesauce WW Bread Milk</p>	<p>6 Breakfast Burrito Egg, Chez, Sausage Peaches Juice Milk</p>	<p>Chili Beans Corn Bread Green Beans Peaches Milk</p>	<p>7 Croissant w/sausage, chez Apples Juice Milk</p>	<p>Roast Pork Mashed Potatoes w/gravy Peas & Carrots WW Roll Pears Milk</p>	<p>8 Blueberry Waffles Pineapple Juice Milk</p>	<p>Baked Tilapia WG Rice Mixed Vegetables Pineapple Milk</p>
<p>11 Malt O' Meal Plums Juice Milk</p>	<p>Spaghetti w/meat sauce Garlic Bread Peas Applesauce Milk</p>	<p>12 WG Cereal Apricots Juice Milk</p>	<p>Turkey Cheese Sandwich Carrot Sticks w/ranch Apples Milk</p>	<p>13 English Muffin w/egg, cheese Applesauce w/graham crackers Juice Milk</p>	<p>Beef Tacos, cheese tomato, lettuce Corn Fruit Cocktail Milk</p>	<p style="font-size: 2em; font-weight: bold; color: blue;">NO SCHOOL</p>		<p style="font-size: 2em; font-weight: bold; color: blue;">NO SCHOOL</p>	
<p>18 Egg Frittata WW Toast Oranges Juice Milk</p>	<p>Tuna Sandwich Cucumbers w/ranch Oranges Milk</p>	<p>19 WG Cereal Yogurt Apples w/peanut butter Juice Milk</p>	<p>Red Enchiladas Tossed Salad w/ranch WW Tortilla Plums Milk</p>	<p>20 Oatmeal Peaches Juice Milk</p>	<p>BBQ Chicken Mashed Potatoes w/gravy WW Roll Peas Oranges Milk</p>	<p>21 French Toast w/syrup Strawberries Juice Milk</p>	<p>Frito Pies w/garnish Corn on the cob WW Tortilla Cantaloupe Milk</p>	<p>22 PARENT-TEACHER CONFERENCES</p>	
<p>25 Breakfast Burrito Fruit Cocktail Juice Milk</p>	<p>Mac & Cheese Green Beans WW Biscuit Pears Milk</p>	<p>26 Scrambled Eggs WW Toast Peaches Juice Milk</p>	<p>Chicken Quesadilla Salad w/ranch Apricots Milk</p>	<p>27 Oatmeal Fruit Juice Milk</p>	<p>Posole Pinto Beans WW Fry Bread Jell-O w/fruit Milk</p>	<p>28 English Muffin Sausage, egg Pears Juice Milk</p>	<p>BBQ Pork Sandwich Cole Slaw Watermelon Milk</p>	<p>29 Malt O Meal Oranges Juice Milk</p>	<p>Bean & Beef Burrito Spanish Rice Spinach Salad w/ranch Pineapple Milk</p>