



K-12 Breakfast OVS
Breakfast

Hozho Academy

Mon	Tue	Wed	Thu	Fri
9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022
	Main Entree Turkey & Cheese Croissant	Main Entree Greek Yogurt	Main Entree Cheese Stick	Main Entree Yogurt Smoothie
	Fruit Fruit	Grain Muffin Tops	Grain Donut, whole grain	Grain Granola bar
	Fruit Juice Fruit Juice	Fruit Fruit	Fruit Fruit	Fruit Fruit
	Milk 1% Milk Skim Milk	Fruit Juice Fruit Juice	Fruit Juice Fruit Juice	Milk 1% Milk Skim Milk
		Milk 1% Milk Skim Milk	Milk 1% Milk Skim Milk	
9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022
Main Entree Cheese Stick	Main Entree Egg & Cheese Omelet	Main Entree Greek Yogurt	Main Entree Cheese Stick	Main Entree Yogurt Smoothie
Grain Cereal Cup	Grain Whole Wheat Tortilla	Grain Muffin Tops	Grain Blue Corn Pancake	Grain Granola bar
Fruit Fruit	Fruit Fruit	Fruit Fruit	Fruit Fruit	Fruit Fruit
Fruit Juice Fruit Juice	Fruit Juice Fruit Juice	Fruit Juice Fruit Juice	Fruit Juice Fruit Juice	Milk Skim Milk 1% Milk
Milk Skim Milk 1% Milk	Milk Skim Milk 1% Milk	Milk Skim Milk 1% Milk	Milk Skim Milk 1% Milk	
			Condiments Maple Syrup-Sugar Free	



Mon	Tue	Wed	Thu	Fri
9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022
Main Entree Berry & Yogurt Parfait Grain Granola Fruit Fruit Fruit Juice Fruit Juice Milk 1% Milk Skim Milk	Main Entree Egg & Cheese Omelet Grain Whole Wheat Tortilla Fruit Banana Fruit Juice Fruit Juice Milk 1% Milk Skim Milk	Main Entree Strawberry Cream Crepes Cheese Stick Fruit Banana Fruit Juice Fruit Juice Milk 1% Milk Skim Milk	Main Entree French Toast Cheese Stick Fruit Fruit Fruit Juice Fruit Juice Milk 1% Milk Skim Milk Condiments Maple Syrup-Sugar Free	Main Entree Yogurt Smoothie Grain Granola bar Fruit Banana Milk 1% Milk Skim Milk
9/26/2022	9/27/2022	9/28/2022	9/29/2022	9/30/2022
Main Entree Cheese Stick Grain Donut, whole grain Fruit Fruit Fruit Juice Fruit Juice Milk 1% Milk Skim Milk	Main Entree Turkey & Cheese Croissant Fruit Fruit Fruit Juice Fruit Juice Milk 1% Milk Skim Milk	Main Entree Greek Yogurt Grain Muffin Tops Fruit Fruit Fruit Juice Fruit Juice Milk 1% Milk Skim Milk	Main Entree Whole Wheat Pancakes Cheese Stick Fruit Fruit Fruit Juice Fruit Juice Milk 1% Milk Skim Milk Condiments Maple Syrup-Sugar Free	Main Entree Yogurt Smoothie Grain Granola bar Fruit Fruit Milk 1% Milk Skim Milk



Kindergarten Lunch
Lunch

Hozho Academy

Mon	Tue	Wed	Thu	Fri
9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022
	Main Entree Beef Tacos Grain Whole Wheat Tortilla Spanish Rice Vegetable Shredded Lettuce & Tomatoes Fruit Fruit Milk Chocolate Milk 1% Milk	Main Entree Chicken Fajitas Grain Whole Wheat Tortilla Vegetable Refried Beans Corn Fruit Fruit Milk Chocolate Milk 1% Milk	Main Entree Green Chile Cheese Enchiladas Vegetable Mixed Vegetables Fruit Fruit Milk Chocolate Milk 1% Milk	Main Entree Cheese Pizza Vegetable Carrots Fruit Fruit Milk Chocolate Milk 1% Milk
9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022
Main Entree Pasta w/ Red Meat Sauce Grain Breadstick Vegetable Green Beans Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Chicken Cannelini Alfredo Grain Breadstick Vegetable Lettuce Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Vegetable Lasagna Grain Breadstick Vegetable Peas & Carrots Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Pasta w/ Red Meat Sauce Grain Breadstick Vegetable Corn Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Cheese Pizza Grain Whole Wheat Pizza Crust Vegetable Carrots Fruit Fruit Milk 1% Milk Chocolate Milk



Mon	Tue	Wed	Thu	Fri
9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022
Main Entree BBQ Chicken	Main Entree Sloppy Joes	Main Entree Oven Fried Chicken	Main Entree Cajun Chicken & Gravy	Main Entree Cheese Pizza
Grain Biscuit	Grain Whole Wheat Bun	Grain Biscuit	Grain Steamed Brown Rice	Grain Whole Wheat Pizza Crust
Vegetable Baked Beans	Vegetable Mashed Potatoes	Vegetable Carrots	Vegetable Mixed Vegetables	Vegetable Broccoli florets Mixed Vegetables
Fruit Fruit	Fruit Fruit	Fruit Fruit	Fruit Fruit	Fruit Fruit
Milk 1% Milk Chocolate Milk	Milk 1% Milk Chocolate Milk	Milk 1% Milk Chocolate Milk	Milk 1% Milk Chocolate Milk	Milk 1% Milk Chocolate Milk
9/26/2022	9/27/2022	9/28/2022	9/29/2022	9/30/2022
Main Entree Beef Corn Chip Salad	Main Entree Navajo Beef Taco	Main Entree Turkey Pot Pie	Main Entree Beef Stew	Main Entree Cheese Pizza
Vegetable Lettuce	Vegetable Lettuce	Grain Biscuit	Grain Corn Chips	Grain Whole Wheat Pizza Crust
Fruit Fruit	Fruit Fruit	Vegetable Mixed Vegetables	Vegetable Mixed Vegetables	Vegetable Carrots
Milk 1% Milk Chocolate Milk	Milk 1% Milk Chocolate Milk	Fruit Fruit Milk 1% Milk Chocolate Milk	Fruit Fruit Milk 1% Milk Chocolate Milk	Fruit Fruit Milk 1% Milk Chocolate Milk



22/23 1-8 Lunch OVS
Lunch

Hozho Academy

Mon	Tue	Wed	Thu	Fri
9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022
	Main Entree Beef Tacos Salad Bar Option Grain Whole Wheat Tortilla Spanish Rice Vegetable Choice of Salad Vegetables Fruit Fruit Milk Chocolate Milk 1% Milk	Main Entree Chicken Fajitas Salad Bar Option Grain Whole Wheat Tortilla Vegetable Refried Beans Choice of Salad Vegetables Fruit Fruit Milk Chocolate Milk 1% Milk	Main Entree Green Chile Cheese Enchiladas Salad Bar Option Vegetable Mixed Vegetables Choice of Salad Vegetables Fruit Fruit Milk Chocolate Milk 1% Milk	Main Entree Cheese Pizza Vegetable Carrots Choice of Salad Vegetables Soup of the Day Fruit Fruit Milk Chocolate Milk 1% Milk
9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022
Main Entree Pasta w/ Red Meat Sauce Salad Bar Option Grain Breadstick Vegetable Green Beans Choice of Salad Vegetables Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Chicken Cannelini Alfredo Salad Bar Option Grain Breadstick Vegetable Lettuce Choice of Salad Vegetables Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Vegetable Lasagna Salad Bar Option Grain Breadstick Vegetable Peas & Carrots Choice of Salad Vegetables Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Pasta w/ Red Meat Sauce Salad Bar Option Grain Breadstick Vegetable Corn Choice of Salad Vegetables Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Cheese Pizza Pepperoni Pizza Vegetable Carrots Choice of Salad Vegetables Soup of the Day Fruit Fruit Milk 1% Milk Chocolate Milk



Mon	Tue	Wed	Thu	Fri
9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022
Main Entree BBQ Chicken Salad Bar Option	Main Entree Sloppy Joes Salad Bar Option	Main Entree Oven Fried Chicken Salad Bar Option	Main Entree Cajun Chicken & Gravy Salad Bar Option	Main Entree Cheese Pizza Pepperoni Pizza
Grain Biscuit	Grain Whole Wheat Bun	Grain Biscuit	Grain Steamed Brown Rice	Vegetable Mixed Vegetables Choice of Salad Vegetables Soup of the Day
Vegetable Baked Beans Choice of Salad Vegetables	Vegetable Mashed Potatoes Choice of Salad Vegetables	Vegetable Carrots Choice of Salad Vegetables	Vegetable Mixed Vegetables Choice of Salad Vegetables	Fruit Fruit
Fruit Fruit	Fruit Fruit	Fruit Fruit	Fruit Fruit	Milk 1% Milk Chocolate Milk
Milk 1% Milk Chocolate Milk	Milk 1% Milk Chocolate Milk	Milk 1% Milk Chocolate Milk	Milk 1% Milk Chocolate Milk	Milk 1% Milk Chocolate Milk
9/26/2022	9/27/2022	9/28/2022	9/29/2022	9/30/2022
Main Entree Beef Corn Chip Salad Salad Bar Option	Main Entree Navajo Beef Taco Salad Bar Option	Main Entree Turkey Pot Pie Salad Bar Option	Main Entree Beef Stew Salad Bar Option	Main Entree Cheese Pizza Pepperoni Pizza
Grain Corn Chips	Grain Whole Wheat Fry Bread	Grain Biscuit	Grain Corn Chips	Vegetable Carrots Choice of Salad Vegetables Soup of the Day
Vegetable Shredded Lettuce & Tomatoes Choice of Salad Vegetables	Vegetable Shredded Lettuce & Tomatoes Choice of Salad Vegetables	Vegetable Choice of Salad Vegetables	Vegetable Choice of Salad Vegetables	Fruit Fruit
Fruit Fruit	Fruit Fruit	Fruit Fruit	Fruit Fruit	Milk 1% Milk Chocolate Milk
Milk 1% Milk Chocolate Milk	Milk 1% Milk Chocolate Milk	Milk 1% Milk Chocolate Milk	Milk 1% Milk Chocolate Milk	Milk 1% Milk Chocolate Milk



22/23 9-12 Lunch OVS
Lunch

Hozho Academy

Mon	Tue	Wed	Thu	Fri
9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022
	Main Entree Beef Tacos Salad Bar Option Grain Whole Wheat Tortilla Spanish Rice Vegetable Choice of Salad Vegetables Fruit Fruit Milk Chocolate Milk 1% Milk	Main Entree Chicken Fajitas Salad Bar Option Grain Whole Wheat Tortilla Vegetable Refried Beans Choice of Salad Vegetables Fruit Fruit Milk Chocolate Milk 1% Milk	Main Entree Green Chile Cheese Enchiladas Salad Bar Option Vegetable Mixed Vegetables Choice of Salad Vegetables Fruit Fruit Milk Chocolate Milk 1% Milk	Main Entree Cheese Pizza Pepperoni Pizza Vegetable Carrots Choice of Salad Vegetables Soup of the Day Fruit Fruit Milk Chocolate Milk 1% Milk
9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022
Main Entree Pasta w/ Red Meat Sauce Salad Bar Option Grain Breadstick Vegetable Green Beans Choice of Salad Vegetables Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Chicken Cannelini Alfredo Salad Bar Option Grain Breadstick Vegetable Lettuce Choice of Salad Vegetables Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Vegetable Lasagna Salad Bar Option Grain Breadstick Vegetable Peas & Carrots Choice of Salad Vegetables Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Pasta w/ Red Meat Sauce Salad Bar Option Grain Breadstick Vegetable Corn Choice of Salad Vegetables Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Cheese Pizza Pepperoni Pizza Vegetable Carrots Choice of Salad Vegetables Soup of the Day Fruit Fruit Milk 1% Milk Chocolate Milk



Mon	Tue	Wed	Thu	Fri
9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022
Main Entree BBQ Chicken BBQ Pork Salad Bar Option Grain Biscuit Vegetable Baked Beans Choice of Salad Vegetables Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Sloppy Joes Salad Bar Option Grain Whole Wheat Bun Vegetable Mashed Potatoes Choice of Salad Vegetables Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Oven Fried Chicken Salad Bar Option Grain Cornbread Vegetable Carrots Choice of Salad Vegetables Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Cajun Chicken & Gravy Salad Bar Option Grain Steamed Brown Rice Vegetable Mixed Vegetables Choice of Salad Vegetables Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Cheese Pizza Pepperoni Pizza Vegetable Mixed Vegetables Choice of Salad Vegetables Soup of the Day Fruit Fruit Milk 1% Milk Chocolate Milk
9/26/2022	9/27/2022	9/28/2022	9/29/2022	9/30/2022
Main Entree Beef Corn Chip Salad Salad Bar Option Grain Corn Chips Vegetable Shredded Lettuce & Tomatoes Choice of Salad Vegetables Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Navajo Beef Taco Salad Bar Option Grain Whole Wheat Fry Bread Vegetable Shredded Lettuce & Tomatoes Choice of Salad Vegetables Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Turkey Pot Pie Salad Bar Option Grain Biscuit Vegetable Choice of Salad Vegetables Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Beef Stew Salad Bar Option Grain Corn Chips Vegetable Choice of Salad Vegetables Fruit Fruit Milk 1% Milk Chocolate Milk	Main Entree Cheese Pizza Pepperoni Pizza Vegetable Carrots Choice of Salad Vegetables Soup of the Day Fruit Fruit Milk 1% Milk Chocolate Milk

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 9/4/2022, End = 10/1/2022)
Menu Plan	(22/23 1-8 Lunch OVS, 22/23 9-12 Lunch OVS, Kindergarten Lunch, K-12 Breakfast OVS)