KA`OHAO SCHOOL LUNCH

AUGUST MENU 2018

One Love Cafe

Fresh, Local, Organic Foods

MONDAY	TUESDAY	WEDNESDAY	THUSRSDAY	FRIDAY
		1.	2.	3. Chicken Salad Sandwich on WG Bun, Organic Green Salad Fresh Fruit Veg Alt. Organic Egg Salad Sandwich
6. Cheese Quesadilla On WW Tortilla Refried Beans Tomato Salsa Fresh Fruit	7. Chicken Curry Organic Green Salad Brown Rice Fresh Fruits WW Roll Veg Alt. Organic Tofu Curry	8. Baked Chicken Nuggets Brown Rice Corn Fresh Fruit Veg Alt. Bean Soup	9. BBQ Roast Pork Brown Rice Fresh Fruit Organic Carrots Veg Alt. Veg Sandwich	10. Chili with Ground Turkey Brown Rice, WG Corn Bread Mix Vegs Fresh Fruit Cup, Veg Alt. Veg Chil
13. Sloppy Joe w/ local Beef WG Bun Potato Fries Fresh Fruits Veg Alt. Organic Tofu Sandwich on WG Bun	14. Cheese Pizza on WG Crust Broccoli Fresh Fruit Cup	15. Chicken Fajita on WW Tortilla Refried Beans Fresh Fruit, WG Cookie Veg Alt. Hummus Wrap	16. Kalua Pig & Cabbage Brown Rice Organic Carrots Fresh Fruits Veg Alt. Organic Tofu	17. NO SCHOOL
20. Local Grass Fed Beef Spaghetti w/ WW Noodles, Fresh Fruit Cup Organic Carrots & Celery WW Garlic Bread Veg Alt. Veg Spaghetti	21. Kalua Pork Brown Rice Organic Green Salad Fresh Fruit Cup Veg Alt. Garlic Lentils	22. Cheese Pizza On WG Crust Refried Beans Tomato Salsa Fruit	23. Baked Chicken Brown Rice Roasted Potatoes Fresh Fruits Veg Alt. Organic Tofu	24. Chicken Salad Wrap on WW Tortilla Organic Carrots Fresh Fruits WG Cookie Veg Alt. Hummus Sandwich
27. Char Siu Chicken Brown Rice Organic Carrots WG Muffin Fresh Fruit Cup Veg Alt. Black Beans	28. Turkey Meatloaf Brown Rice Celery Baked Beans Fruit Veg Alt. Organic Tofu	29. Local Beef Burger On WG Bun Organic Green Salad Fresh Fruits	30. WG Pancakes Yogurt Roasted Potatoes Fresh Fruits	31. N0 SCHOOL

MENU SUBJECT TO CHANGE WITHOUT NOTICE "This institutions is an equal opportunity provider." Lunch Comes with a choice of ½ pint of a Milk