

# KA'OHAO SCHOOL LUNCH

## SEPTEMBER MENU 2018



	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1.
3.  <b>NO SCHOOL</b>	4. Cheese Quesadilla On WW Tortilla Refried Beans Cucumbers Fresh Fruit	5. Baked Chicken Nuggets Brown Rice Organic Green Salad Fresh Fruit Veg Alt. Bean Soup	6. BBQ Roast Pork Brown Rice Fresh Fruit Organic Carrots Veg Alt. Veg Sandwich	7. Chili with Ground Turkey Brown Rice, WG Corn Bread Mashed Potatoes Fresh Fruit Cup, Veg Alt. Veg Chil
10. Sloppy Joe w/ local Beef WG Bun Potato Fries Fresh Fruits Veg Alt. Organic Tofu Sandwich on WG Bun	11. Cheese Pizza on WG Crust Broccoli Fresh Fruit Cup	12. Chicken Fajita on WW Tortilla Refried Beans Fresh Fruit, WG Cookie Veg Alt. Hummus Wrap	13. Kalua Pig & Cabbage Brown Rice Organic Carrots Fresh Fruits Veg Alt. Organic Tofu	14. Chicken Salad Sandwich on WG Bun, Organic Green Salad Fresh Fruit Veg Alt. Organic Egg Salad Sandwich
17. Local Grass Fed Beef Spaghetti w/ WW Noodles, Fresh Fruit Cup Organic Carrots & Celery WW Garlic Bread Veg Alt. Veg Spaghetti	18. Kalua Pork Brown Rice Organic Green Salad Fresh Fruit Cup Veg Alt. Garlic Lentils	19. Cheese Pizza On WG Crust Refried Beans Tomato Salsa Fruit	20. WW Lasagna w/ Turkey WG Roll Roasted Potatoes Fresh Fruits Veg Alt. Organic Tofu	21. Baked Chicken Brown Rice Organic Carrots Fresh Fruits WG Cookie Veg Alt. Hummus Sandwich
24 Char Siu Chicken Brown Rice Organic Carrots WG Muffin Fresh Fruit Cup Veg Alt. Black Beans	25. Turkey Meatloaf Brown Rice Celery Baked Beans Fruit Veg Alt. Organic Tofu	26. Local Beef Burger On WG Bun Organic Green Salad Fresh Fruits	27.  <b>NO SCHOOL</b>	28.  <b>NO SCHOOL</b>

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