

KA`OHAO SCHOOL LUNCH

OCTOBER MENU 2018



One Love Cafe

**Fresh, Local, Organic
Foods**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Baked Chicken Nuggets Brown Rice Mashed Potatoes Fresh Fruit Veg Alt. Organic Tofu	2. Chicken Salad Wrap on WW Tortilla Organic Green Salad Fresh Fruits WG Cookie Veg Alt. Hummus Sandwich	3. Cheese Quesadilla On WW Tortilla Refried Beans Fresh Fruit	4. Turkey Meatballs Brown Rice Organic Carrots WW Roll Fresh Fruit Veg Alt. Lentils	5. BBQ Roast Pork Brown Rice Fresh Fruit Organic Mix Veggies Veg Alt. Veg Bean Soup
8. NO SCHOOL	9. NO SCHOOL	10. NO SCHOOL	11. NO SCHOOL	12. NO SCHOOL
15. Sloppy Joe w/ local Beef WG Bun Potato Fries Fresh Fruits Veg Alt. Organic Tofu Sandwich on WG Bun	16. Cheese Pizza on WG Crust Broccoli Fresh Fruit Cup	17. Chicken Fajita on WW Tortilla Refried Beans Fresh Fruit, WG Cookie Veg Alt. Hummus Wrap	18. Kalua Pig & Cabbage Brown Rice Organic Carrots Fresh Fruits Veg Alt. Organic Tofu	19. Chicken Curry Organic Green Salad Brown Rice Fresh Fruits WW Roll Veg Alt. Organic Tofu Curry
22. Local Grass Fed Beef Spaghetti w/ WW Noodles, Fresh Fruit Cup Organic Carrots & Celery WW Garlic Bread Veg Alt. Veg Spaghetti	23. Kalua Pork Brown Rice Organic Green Salad Fresh Fruit Cup Veg Alt. Garlic Lentils	24. Cheese Pizza On WG Crust Baked Beans Fruit	25. Chicken Stir Fry Brown Rice Roasted Potatoes Fresh Fruits Veg Alt. Organic Tofu	26. Chili with Ground Turkey Brown Rice, WW Roll Organic Mix Veggies Fresh Fruit Cup, Veg Alt. Veg Chil
29. Char Siu Chicken Brown Rice Organic Carrots WG Muffin Fresh Fruit Cup Veg Alt. Black Beans	30. Turkey Meatloaf Brown Rice Celery Baked Beans Fruit Veg Alt. Organic Tofu	31. WG Pancakes Yogurt Roasted Potatoes Fresh Fruits		

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