

KA`OHAO SCHOOL LUNCH

NOVEMBER MENU 2018



One Love Cafe

Fresh, Local, Organic Foods

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Cheese Quesadilla On WW Tortilla Refried Beans Fresh Fruit	2. BBQ Roast Pork Brown Rice Fresh Fruit Green Salad Veg Alt. Veg Bean Soup
5. Spaghetti with Ground Turkey WW Noodles Green Salad Fresh Fruits WG Cookie Veg Alt.	6. NO SCHOOL	7. Baked Chicken Nuggets Brown Rice Mashed Potatoes Fresh Fruit Veg Alt. Organic Tofu	8. Kalua Pig & Cabbage Organic Green Salad Bean Salad Fresh Fruits Veg Alt. Hummus Sandwich	9 Local Beef Chili Brown Rice Organic Carrots Fresh Fruit Veg Alt. Lentils
12 NO SCHOOL	13. Cheese Pizza on WG Crust Broccoli Fresh Fruit Cup	14. Chicken Fajita on WW Tortilla Refried Beans Fresh Fruit, WG Cookie Veg Alt. Hummus Wrap	15. Local Beef Burger on WG Bun Organic Carrots Roasted Potatoes Fresh Fruits Veg Alt. Organic Tofu	16. Chicken Curry Organic Green Salad Brown Rice Fresh Fruits Veg Alt. Organic Tofu Curry
19. Local Grass Fed Beef Spaghetti w/ WW Noodles, Fresh Fruit Cup Organic Carrots Organic Corn Veg Alt. Veg Spaghetti	20. Chicken Salad Sandwich Organic Green Salad Fresh Fruit Veg Alt. Veg Cheese Sandwich	21. Cheese Pizza on WG Crust Baked Beans Fresh Fruits	22. NO SCHOOL	23. NO SCHOOL
26. Chicken Stir Fry Brown Rice Organic Carrots WG Muffin Fresh Fruit Cup Veg Alt. Black Beans	27. Turkey Meatballs Brown Rice Baked Beans Fruit Veg Alt. Organic Tofu	28. WG Pancakes Yogurt Roasted Potatoes Fresh Fruits	29. Baked Chicken Brown Rice Cucumbers Fresh Fruits Veg Alt. Organic Black Bean Soup	30. Kalua Pork Brown Rice Organic Green Salad Fresh Fruit Cup Veg Alt. Garlic Lentils

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