

KA`OHAO SCHOOL LUNCH

DECEMBER MENU 2018



One Love Cafe

Fresh, Local, Organic Foods

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