

KA`OHAO SCHOOL LUNCH

JANUARY MENU 2019



One Love Cafe

Fresh, Local, Organic
Foods

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

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