

KA`OHAO SCHOOL LUNCH

FEBRUARY MENU 2019



One Love Cafe

Fresh, Local, Organic
Foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Chicken Nuggets Brown Rice Baked Beans Fresh Fruits Veg Alt. Organic Tofu
4 Cheese Quesadilla on WW Tortilla Baked Beans Fruit	5. Kalua Pig & Cabbage Brown Rice Mashed Potatoes Fresh Fruit Veg Alt. Garlic Lentils	6. Teri Chicken Stir Fry Brown Rice Organic Carrots Fresh Fruit WW Muffin	7. Local Grass Fed Beef Spaghetti w/ WW Noodles, Fresh Fruit Green Salad WG Cookie Veg Alt. Veg Spaghetti	8. Chili with Ground Turkey Brown Rice, WG Roll Mix Veggies Fresh Fruit Cup, Veg Alt. Veg Chili
11. NO SCHOOL	12. Cheese Pizza on WG Crust Broccoli & Organic Carrots Fresh Fruit Cup	13. Chicken Fajita on WW Tortilla Baked Beans Fresh Fruits WG Cookie Veg Alt. Hummus Sandwich	14 Sloppy Joe w/ local Beef WG Bun Potato Fries Fresh Fruits Veg Alt. Cheese Sandwich on WG Bun	15. BBQ Roast Pork Brown Rice Organic Carrots Fresh Fruits Veg Alt. Garlic Lentils
18. NO SCHOOL	19. WG Pancakes Yogurt Roasted Potatoes Fresh Fruit	20. Kalua Pig & Cabbage Brown Rice Organic Green Salad Fresh Fruits Veg Alt. Organic Tofu	21. Turkey Meatballs Brown Rice Organic Carrots & Celery Fresh Fruit WW Roll Veg Alt. Lentil Soup	22. Shoyu Chicken Brown Rice Bean Salad WG Muffin Fresh Fruit Cup Veg Alt. Black Beans
4. Lasagna with WW Noodle and Local Ground Beef WG Roll Green Salad Veg Alt. Black Bean Soup	26. Cheese Pizza on WG Crust Bean Salad Fresh Fruits	27. Sweet Sour Pork Brown Rice Sweet Peas Fresh Fruit Veg Alt. Organic Tofu	28. Chicken Pesto Sandwich on WW Bread Fresh Fruits Green Salad Veg. Alt. Organic Egg Salad	

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