

# KA`OHAO SCHOOL LUNCH

## MARCH MENU 2019



# One Love Cafe

Fresh, Local, Organic  
Foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Pesto Chicken Brown Rice Baked Beans Fresh Fruits Veg Alt. Organic Tofu
4. Chicken Curry Brown Rice Organic Carrots Fresh Fruit Veg Alt. Organic Tofu Curry	5. Turkey Meatballs Brown Rice Dark Green Salad Fresh Fruit Veg Alt. Organic Teri Tofu	6. WG Pancake Yogurt, Roasted Potatoes Fresh Fruit	7. Bake Chicken Tenders Brown Rice Baked Beans Fresh Fruit Veg Alt. Black Bean Soup	8. Kalua Pig & Cabbage Brown Rice Veg Stir Fry Fresh Fruit WG Muffin Veg Alt. Garlic Lentils
11. Baked Chicken Dark Green Salad Brown Rice Fresh Fruit Veg Alt. Organic Tofu	12. Cheese Pizza on WG Crust Broccoli & Organic Carrots Fresh Fruit Cup	13. BBQ Roast Pork Brown Rice Mashed Potatoes Fresh Fruits Veg Alt. Garlic Lentils	14. Chili with Ground Turkey Brown Rice Fresh Fruits  Veg Alt. Veg Chili	15. Chicken Fajita on WW Tortilla Baked Beans Fresh Fruits WG Cookie Veg Alt. Hummus Sandwich.
18.  NO SCHOOL	19.  NO SCHOOL	20.  NO SCHOOL	21.  NO SCHOOL	22.  NO SCHOOL
25.  NO SCHOOL	26.  NO SCHOOL	27. Sweet Sour Pork Brown Rice Organic Sweet Peas Fresh Fruit Veg Alt. Organic Tofu	28. Chicken Pesto Sandwich on WW Bread Fresh Fruits Green Salad Veg. Alt. Organic Egg Salad	29. Cheese Pizza on WG Crust Bean Salad Organic Carrots 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