

KA`OHAO SCHOOL LUNCH

MAY MENU 2019



One Love Cafe

Fresh, Local, Organic
Foods

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| | | 1. Chicken Curry Brown Rice Organic Green Salad Fresh Fruit, WG Muffin Veg Alt. Veg Curry | 2. Chicken Fajita on WG Tortilla, Organic Carrots & Celery Fresh Fruits Veg Alt. Cheese Quesadilla | 3. Kalua Pig Brown Rice Mashed Potato Fresh Fruits Veg Alt. Organic Tofu |
| 6. Local Grass Fed Beef Spaghetti w/ WW Noodles, Fresh Fruit Green Salad Veg Alt. Veg Spaghetti | 7. Kalua Pig & Cabbage Brown Rice Mashed Potatoes Fresh Fruit Veg Alt. Garlic Lentils | 8. Cheese Quesadilla on WW Tortilla Baked Beans WG Cookie Fruit | 9. Teri Chicken Brown Rice Organic Carrots Fresh Fruit WW Muffin Veg Alt. Organic Tofu | 10. Chili with Ground Turkey Brown Rice, WG Roll Mix Veggies Fresh Fruit Cup, Veg Alt. Veg Chil |
| 13. Cheese Pizza on WG Crust Broccoli & Organic Carrots Fresh Fruit Cup | 14. Lasagna with WW Noodle and Local Ground Beef WG Roll Green Salad Veg Alt. Black Bean Soup | 15. Chicken Fajita on WW Tortilla Baked Beans Fresh Fruits WG Cookie Veg Alt. Hummus Sandwich | 16 Sloppy Joe w/ local Beef WG Bun Potato Fries Fresh Fruits Veg Alt. Cheese Sandwich on WG Bun | 17. BBQ Roast Pork Brown Rice Organic Carrots Fresh Fruits Veg Alt. Garlic Lentils |
| 20. Baked Chicken Brown Rice Broccoli Fresh Fruits Veg Alt. Organic Tofu | 21. WG Pancakes Yogurt Roasted Potatoes Fresh Fruit | 22. Kalua Pig & Cabbage Brown Rice Organic Green Salad Fresh Fruits Veg Alt. Organic Tofu | 23. Turkey Meatballs Brown Rice Organic Carrots & Celery Fresh Fruit WW Roll Veg Alt. Lentil Soup | 24. Shoyu Chicken Brown Rice Bean Salad WG Cookie Fresh Fruit Cup Veg Alt. Black Beans |
| 27. NO SCHOOL | 28. Cheese Pizza on WG Crust Bean Salad Organic Green Salad Fresh Fruits | 29. Sweet Sour Pork Brown Rice Sweet Peas, WG Roll Fresh Fruit Veg Alt. Organic Tofu | 30. Chicken Sandwich on WW Bread Fresh Fruits Organic Carrots Veg. Alt. Organic Egg Salad | 31. NO SCHOOL HAVE A GREAT SUMMER!! |

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