

KA`OHAO ELEMENTARY PCS

SEPTEMBER MENU 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. NO SCHOOL	3. Kalua Chicken & Cabbage Brown rice Organic Carrots & Celery Fresh Fruit Veg Alt. Bean Soup	4. Cheese Pizza on WG Crust Organic Green Salad Baked Beans Fresh Fruit Veg Alt. Organic Tofu	5. Spaghetti w/ Ground Turkey Organic Cauliflower Fresh Fruit Cup WG Cookie Veg Alt. Pasta w/ Lentils	6. Kalua Pork Brown Rice Mashed Potatoes Fresh Fruit Cup WW Muffin Veg. Alt. Hummus & Bean Wrap
9. Teri Chicken Fried Rice Baked Beans Fresh Fruit Cup Veg Alt. Veg Curry with Beans	10. Local Grass Fed Beef Chili Brown Rice, Organic Green Salad Fresh Fruit Cup, WG Cookie Veg. Alt. Bean & Lentil Chili	11. Chicken & Cheese Quesadilla on Tortilla, Fresh Fruit Cup Organic Carrots Veg Alt. Organic Bean Salad Wrap	12. Chicken Curry with Organic Veggies Brown Rice	13. WG Pancakes Yogurt Potato Fries Fresh Fruit
16. Cheese Pizza on WW Crust Baked Beans Fresh Fruit Cup WG Cookie	17. Local Grass Fed Hamburger Steak w/ Gravy Brown Rice, Organic Green Salad Fresh Fruit WG Cookie Veg Alt. Veg Organic Bean Loaf	18. Roast Chicken Brown Rice Organic Cauliflower Fresh Fruit Veg. Organic Veg Soup w/ Beans	19. Sloppy Joe w/ Local Beef On WG Bun Organic Carrots Fresh Fruit Veg Alt. Bean Burger	20. BBQ Roasted Pork Fried Rice Mashed Potatoes Fresh Fruits Veg Alt: Organic Tofu
23. Herb Roasted Chicken Fried Rice Organic Carrots & Broccoli Fresh Fruit WG Cookie Veg Alt. Organic Tofu	24. Lasagna w/ Local Beef WW Noodle Organic Green Salad Bean Salad Fresh Fruit Cup WG Muffin Veg Alt. Veg Lasagna w/ Lentils	25. Shoyu Chicken Brown Rice Potato Salad Fresh Fruits Veg Alt. Veg soup w/ beans	26. NO SCHOOL	27. NO SCHOOL
30. Chicken Sandwich on Bun Organic Green Salad WG Cookie Fresh Fruit Veg Alt. Cheese&Hummus Wrap				

MENU SUBJECT TO CHANGE WITHOUT NOTICE "This institutions is an equal opportunity provider." Lunch comes with choice ½ pint milk