

KA`OHAO ELEMENTARY PCS

NOVEMBER MENU 2019



1. NO SCHOOL				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4. Cheese Pizza on WG Crust Organic Carrots Fresh Fruits WG Cookie	5. Teri Chicken Brown rice Celery Fresh Fruit Veg Alt. Bean Soup	6. Herb Baked Chicken Baked Beans Fresh Fruit Veg Alt. Organic Tofu	7. Spaghetti w/ Ground Turkey Green Salad Fresh Fruit Cup Veg Alt. Pasta w/ Lentils	8. Turkey Stroganoff Brown Rice Mashed Potatoes Fresh Fruit Cup WW Muffin Veg. Alt. Black Bean Soup
11. Roast Chicken Fried Brown Rice Baked Beans Fresh Fruit Cup Veg Alt. Veg Curry with Beans	12. Pasta with Ground Turkey Organic Carrots Fresh Fruit Cup, WG Cookie Veg. Alt. Bean & Lentil Chili	13. Cheese Pizza on WG Crust Fresh Fruit Cup Organic Green Peas	14. Sloppy Joe on Bun with Local Grass Fed Beef Organic Carrots & Broccoli Brown Rice Veg Alt. Tofu Sandwich on Bun	15. Kalua Pork & Cabbage Brown Rice Fresh Fruit WG Cookie Green Salad
18. Chili w/Local Beef Brown Rice Corn Fresh Fruit WG Muffin Veg Alt. Veg Chili with Beans	19. Local Grass Fed Hamburger Steak w/ Gravy Brown Rice, Organic Green Salad Fresh Fruit WG Roll Veg Alt. Veg Organic Bean Loaf	20. Chicken Fajita on Tortilla Refried Beans Fresh Fruits Veg Alt. Cheese Quesadilla	21. Roast Chicken Brown Rice Organic Carrots & Cauliflower Fresh Fruit Veg Alt. Bean Burger	22. Sweet Sour Pork Brown Rice Mashed Potatoes Fresh Fruits Veg Alt: Organic Tofu
25. Herb Roasted Chicken Fried Brown Rice Organic Carrots Fresh Fruit WG Cookie Veg Alt. Organic Tofu	26. Lasagna w/ Local Beef WW Noodle Organic Green Salad Bean Salad Fresh Fruit Cup WG Roll Veg Alt. Veg Lasagna w/ Lentils	27. Shoyu Chicken Brown Rice Potato Salad Fresh Fruits Veg Alt. Veg soup w/ beans	28. NO SCHOOL	29. NO SCHOOL

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