

KA`OHAO ELEMENTARY PCS

JANUARY MENU 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6. NO SCHOOL	7. Local Grass Fed Beef Chili Brown Rice Organic Carrots Corn Bread Veg Alt. Veg Chili with Beans	8. Cheese Pizza on WG Crust Roasted Potatoes Baked Beans Fresh Fruit Veg Alt. Organic Tofu	9. Chicken Salad Sandwich on Bun Fresh Fruit Cup Local Green Salad WG Cookie Veg. Alt. Veg Curry	10. Kalua Pig & Cabbage Brown Rice Organic Celery Fresh Fruits WG Roll Veg Alt: Organic Tofu
13. Teri Chicken Fried Rice Baked Beans Local Green Salad Fresh Fruit Cup Veg Alt. Veg Curry with Beans	14. Turkey Meatballs Brown Rice Mashed Potatoes Fresh Fruits WG Cookie	15. Lasagna with Ground Beef Fresh Local Cucumbers WG Muffin Fresh Fruits Veg Alt. Veg Lasagna w/ Cheese	16. Kalua Pork Organic Mix Veggies Brown Rice Fresh Fruit Veg Alt. Organic Tofu	17. Sloppy Joe w/ Local Beef On WG Bun Organic Carrots Fresh Fruit Veg Alt. Bean Burger
20. NO SCHOOL	21. Local Grass Fed Hamburger Steak Brown Rice, Local Green Salad Fresh Fruit Veg Alt. Veg Organic Bean Loaf	22. Cheese Pizza on Crust Baked Beans Organic Celery Fresh Fruit Cup WG Cookie	23. BBQ Roasted Pork Brown Rice Mashed Potatoes Fresh Fruits WG Roll Veg Alt: Organic Tofu	24. Roast Chicken Brown Rice Organic Carrots Fresh Fruit Veg. Organic Veg Soup w/ Beans
27. Turkey Meatloaf Brown rice Fresh Fruit Organic Cauliflower & Broccoli Veg Alt. Bean Soup	28. Herb Roasted Chicken Brown Rice Mashed Potatoes Fresh Fruits Veg Alt. Organic Tofu	29. Cheese Quesadilla on WG Tortilla Baked Beans Tomato Salsa WG Brownie Fresh Fruit	30. Spaghetti w/ Gr. Turkey Local Green Salad Fresh Fruit Cup WG Garlic Bread Veg Alt. Pasta w/ Lentils	31. Sweet Sour Pork Brown Rice Organic Carrot Fresh Fruit Veg Alt. Black Bean Soup

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