

KA`OHAO SCHOOL LUNCH

FEBRUARY MENU 2020



One Love Cafe

Fresh, Local, Organic
Foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Meatloaf Hapa Rice Local Green Salad Fresh Fruits Veg Alt. Scramble Egg & Rice	4. Shoyu Chicken Brown Rice Fresh Fruits Mashed Potato Veg Alt. Bean Burger & Rice	5. Cheese Pizza on Wholegrain Crust Baked Beans Organic Carrots Fresh Fruit	6. Wholegrain Pancakes Scramble Egg Roasted Potatoes Fresh Fruit	7. Chicken Pesto Sandwich on Fresh Baked Bun Fresh Fruit Local Green Salad Wholegrain Cookie Veg Alt. Egg Salad Sandwich
10. NO SCHOOL	11. Kalua Pig & Cabbage Brown Rice Mashed Potatoes Fresh Fruit Veg Alt. Garlic Lentils	12. Teri Chicken Stir Fry Brown Rice Organic Carrots Bean Salad Fresh Fruit WW Muffin	13. Local Grass Fed Beef Spaghetti Fresh Fruit Green Salad Veg Alt. Veg Spaghetti	14. Chili with Ground Turkey Brown Rice, WG Roll Mix Veggies Fresh Fruit Cup, Veg Alt. Veg Chil
17. NO SCHOOL	18. Cheese Pizza on WG Crust Broccoli & Organic Carrots Fresh Fruit	19. Chicken Fajita on Tortilla Baked Beans Local Green Salad Fresh Fruits Veg Alt. Hummus Sandwich	20. Sloppy Joe w/ local Beef WG Bun Potato Fries Fresh Fruits Veg Alt. Cheese Sandwich on WG Bun	21. BBQ Roast Pork Brown Rice Organic Carrots Fresh Fruits Veg Alt. Garlic Lentils
24. Lasagna with WW Noodle and Local Ground Beef WG Roll Green Salad Veg Alt. Black Bean Soup	25. Cheese Quesadilla on Tortilla Refried Beans Tomato Salasa Fresh Fruti	26. Kalua Pig & Cabbage Brown Rice Organic Green Salad Fresh Fruits Veg Alt. Organic Tofu	27. Teri Chicken Brown Rice Mashed Potato WG Muffin Fresh Fruit Cup Veg Alt. Black Beans	28. Turkey Meatballs Brown Rice Organic Carrots & Celery Fresh Fruit Veg Alt. Lentil Soup

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