

KA`OHAO SCHOOL LUNCH

MARCH MENU 2020



One Love Cafe

Fresh, Local, Organic
Foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Chili w/ Ground Turkey Brown Rice Local Green Salad Fresh Fruits Veg Alt. Veg Chili w/ Beans	3. Spaghetti w/ Local Beef Wholegrain Noodles Fresh Fruits Corn Muffin Veg Alt. Cheese Pasta	4. Cheese Pizza on Wholegrain Crust Organic Cauliflower & Broccoli Bean Salad Fresh Fruit	5. Tuna Sandwich Fresh Fruit Organic Carrots Veg Alt. Veg Egg Salad Sandwich	6. Banana Pancakes Scramble Egg Roasted Potatoes Fresh Fruit
9. Sloppy Joe w/ local Beef WG Bun Fresh Fruit Fresh Local Green Salad Veg Alt. Egg Salad Sandwich	10. Kalua Pig & Cabbage Brown Rice Mashed Potatoes Fresh Fruit Veg Alt. Garlic Lentils	11. Baked Chicken Tenders Fried Rice Fresh Fruits Organic Carrots	12. Chicken Pesto Melt on Fresh Baked Bun Baked Beans Fresh Fruit Veg Alt. Grilled Cheese Sandwich	13. Turkey Meatballs Brown Rice Mix Veggies Fresh Fruit Cup, Veg Alt. Veg Chil
16. NO SCHOOL	17. NO SCHOOL	18. NO SCHOOL	19. NO SCHOOL	20. NO SCHOOL
23. Lasagna with WW Noodle and Local Ground Beef WG Roll Local Green Salad Veg Alt. Black Bean Soup	24. Cheese Quesadilla on Tortilla Refried Beans Tomato Salsa Fresh Fruti	25. Sweet Sour Roast Pork Brown Rice Mashed Potatoes Fresh Fruits Veg Alt. Organic Tofu	26. NO SCHOOL	27. Teri Chicken Brown Rice Organic Carrot Fresh Fruit Veg Alt. Lentil Soup
30. Cheese Pizza on Wholegrain Crust Local Green Salad Fresh Fruits	31. Chicken Curry Brown Rice Bean Salad Fresh Fruit Wholegrain Roll			

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