

KA`OHAO ELEMENTARY PCS

OCTOBER MENU 2019



One Love Cafe

Fresh, Local, Organic
Foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Turkey Meatloaf Brown rice Organic Carrots & Celery Fresh Fruit Veg Alt. Bean Soup	2. Cheese Pizza on WG Crust Mashed Potatoes Fresh Fruit Veg Alt. Organic Tofu	3. Spaghetti w/ Ground Organic Carrots Bean Salad Fresh Fruit Cup WG Cookie Veg Alt. Pasta w/ Lentils	4. Chicken Curry Brown Rice Organic Green Salad Fresh Fruit Cup WW Muffin Veg. Alt. Veg Curry
7. NO SCHOOL	8. NO SCHOOL	9. NO SCHOOL	10. NO SCHOOL	11. NO SCHOOL
14. Teri Chicken Fried Rice Baked Beans Fresh Fruit Cup Veg Alt. Veg Curry with Beans	15. Local Grass Fed Beef Chili Brown Rice, Organic Green Salad Fresh Fruit Cup, WG Muffin Veg. Alt. Bean & Lentil Chili	16. Chicken & Cheese Quesadilla on Tortilla, Fresh Fruit Cup Organic Carrots Veg Alt. Organic Bean Salad Wrap	17. Sweet Sour Pork Organic Veggies Brown Rice Fresh Fruit Veg Alt. Organic Tofu	18. WG Pancakes Yogurt Potato Fries Fresh Fruit
21. Cheese Pizza on WW Crust Baked Beans Fresh Fruit Cup WG Cookie	22. Local Grass Fed Hamburger Steak Brown Rice, Organic Green Salad Fresh Fruit Veg Alt. Veg Organic Bean Loaf	23. Roast Chicken Brown Rice Organic Cauliflower Fresh Fruit Veg. Organic Veg Soup w/ Beans	24. Sloppy Joe w/ Local Beef On WG Bun Organic Carrots Fresh Fruit Veg Alt. Bean Burger	25. BBQ Roasted Pork Fried Rice Mashed Potatoes Fresh Fruits WG Cookie Veg Alt: Organic Tofu
28. Herb Roasted Chicken Fried Rice Organic Carrots & Broccoli Fresh Fruit WG Cookie Veg Alt. Organic Tofu	29. Lasagna w/ Local Beef WW Noodle Organic Green Salad Bean Salad Fresh Fruit Cup WG Roll Veg Alt. Veg Lasagna w/ Lentils	30. Shoyu Chicken Brown Rice Potato Salad Fresh Fruits Veg Alt. Veg soup w/ beans	31. Kalua Pig Brown Rice Organic Cauliflower Fresh Fruits Veg Alt. Organic Tofu	

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