

KA`OHAO ELEMENTARY PCS

NOVEMBER & DECEMBER MENU



NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23. Kalua Pig & Cabbage Brown Rice Green Salad Fresh Fruits Veg Alt: Organic Tofu	24. Local Grass Fed Beef Chili Brown Rice Organic Carrots Corn Bread Veg Alt. Veg Chili with Beans	25. Cheese Pizza on WG Crust Roasted Potatoes Baked Beans Fresh Fruit Veg Alt. Organic Tofu	26. NO SCHOOL	27. NO SCHOOL
30. Teri Chicken Fried Rice Baked Beans Local Green Salad Fresh Fruit Cup Veg Alt. Veg Curry with Beans				

DECEMBER 2020

	1. Local Grass Fed Hamburger Steak Brown Rice, Green Salad Fresh Fruit Veg Alt. Veg Organic Bean Loaf	2. Cheese Pizza on Wholegrain Crust Baked Beans Fresh Fruit Cup WG Cookie	3. BBQ Roasted Pork Brown Rice Mashed Potatoes Fresh Fruits WG Roll Veg Alt: Organic Tofu	4. Roast Chicken Brown Rice Organic Carrots Fresh Fruit Veg. Organic Veg Soup w/ Beans
7. Turkey Meatloaf Brown rice Fresh Fruit Organic Cauliflower & Broccoli Veg Alt. Bean Soup	8. Herb Roasted Chicken Brown Rice Mashed Potatoes Fresh Fruits Veg Alt. Organic Tofu	9. Cheese Quesadilla on WG Tortilla Baked Beans Tomato Salsa WG Brownie Fresh Fruit	10. Spaghetti w/ Gr. Turkey Green Salad Fresh Fruit Cup WG Garlic Bread Veg Alt. Pasta w/ Lentils	11. Sweet Sour Pork Brown Rice Organic Carrot Fresh Fruit Veg Alt. Black Bean Soup
14. Cheese Pesto Pizza on Wholegrain Crust Green Salad Fresh Fruit Cup	15. Lasagna with Ground Beef Bean Salad 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	18. NO SCHOOL

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