

KA`OHAO ELEMENTARY PCS

JANUARY MENU 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4. NO SCHOOL	5. Local Grass Fed Beef Chili Brown Rice Organic Carrots Corn Bread Veg Alt. Veg Chili with Beans	6. Cheese Pizza on WG Crust Broccoli & Cauliflower Baked Beans Fresh Fruit	7. Roast Chicken Brown Rice Mashed Potato Fresh Fruit WG Cookie Veg. Organic Veg Soup w/ Beans	8. Kalua Pig & Cabbage Brown Rice Green Salad with Carrots Fresh Fruits Veg Alt: Organic Tofu
11. Teri Chicken Fried Rice Organic Carrots Fresh Fruit Cup Veg Alt. Veg Curry with Beans	12. Local Grass Fed Beef Stroganoff Brown Rice, Corn Fresh Fruit Veg Alt. Veg Organic Bean Loaf	13. Cheese Pizza on WG Crust Broccoli & Cauliflower Baked Beans Fresh Fruit	14. BBQ Roasted Pork Brown Rice Mashed Potatoes Fresh Fruits WG Roll Veg Alt: Organic Tofu	15. Garlic Chicken Wrap on WW Tortilla Green Salad with Carrots Fresh Fruit
18. Turkey Meatloaf Brown rice Fresh Fruit Organic Cauliflower & Broccoli Veg Alt. Bean Soup	19. Herb Roasted Chicken Brown Rice Mashed Potatoes Fresh Fruits Veg Alt. Organic Tofu	20. Cheese Pizza on Wholegrain Crust Baked Beans Fresh Fruit Cup WG Cookie	21. Spaghetti w/ Gr. Turkey Green Salad Fresh Fruit Cup WG Garlic Bread Veg Alt. Pasta w/ Lentils	22. Sweet Sour Pork Brown Rice Organic Carrots Fresh Fruit Veg Alt. Black Bean Soup
25. Cheese Pesto Pizza on Wholegrain Crust Green Salad Fresh Fruit Cup	26. Lasagna with Ground Beef Broccoli & Carrots WG Muffin Fresh Fruits Veg Alt. Veg Lasagna w/ Cheese	27. Kalua Pork Brown Rice Corn Fresh Fruit Veg Alt. Organic Tofu	28. Chicken Quesadilla on WG Tortilla Refried Beans Tomato Salsa WG Brownie Fresh Fruit	30. Sloppy Joe w/ Local Beef On WG Bun Organic Carrots Fresh Fruit Veg Alt. Bean Burger

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