

KA`OHAO ELEMENTARY PCS

JANUARY MENU 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Cheese & Chicken Quesadilla on WG Tortilla Fresh Fruit Green Salad	2. Local Grass Fed Beef Chili Brown Rice Organic Carrots Corn Bread Veg Alt. Veg Chili with Beans	3. Cheese Pizza on WG Crust Broccoli Fresh Fruit Veg Alt. Organic Tofu	4. Teri Chicken Fried Rice Bean Salad Local Green Salad Fresh Fruit Cup Veg Alt. Veg Curry with Beans	5. Kalua Pig & Cabbage Brown Rice Organic Celery Fresh Fruits WG Cookie Veg Alt: Organic Tofu
8. NO SCHOOL	9. Turkey Meatballs Brown Rice Mashed Potatoes Fresh Fruits WG Cookie	10. Lasagna with Ground Beef Green Salad WG Roll Fresh Fruits Veg Alt. Veg Lasagna w/ Cheese	16. BBQ Roast Pork Baked Beans 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
15. NO SCHOOL	21. Local Grass Fed Beef Meatloaf Brown Rice, Green Salad Fresh Fruit Veg Alt. Veg Organic Bean Loaf	22. Cheese Pizza on Crust Baked Beans Organic Celery Fresh Fruit Cup WG Cookie	23. BBQ Roasted Pork Brown Rice Steamed Corn Fresh Fruits WG Roll Veg Alt: Organic Tofu	24. Roast Chicken Brown Rice Organic Carrots Fresh Fruit Veg. Organic Veg Soup w/ Beans
22. Banana Pancakes Yogurt Fresh Fruit Roasted Potatoes Veg Alt. Scramble Egg	23. Herb Roasted Chicken Brown Rice Organic Cauliflower & Broccoli Fresh Fruits Veg Alt. Organic Tofu	24. Cheese Quesadilla on WG Tortilla Refried Beans Tomato Salsa WG Brownie Fresh Fruit	25. Spaghetti w/ Gr. Turkey Local Green Salad Fresh Fruit Cup WG Garlic Bread Veg Alt. Pasta w/ Lentils	26. Sweet Sour Pork Brown Rice Organic Carrots Fresh Fruit Veg Alt. Black Bean Soup

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