

KA`OHAO ELEMENTARY PCS

MARCH MENU 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Local Grass Fed Beef Chili Brown Rice Organic Carrots Garlic Bread Veg Alt. Veg Chili with Beans	2. Teri Chicken Fried Rice Bean Salad Local Green Salad Fresh Fruit Cup Veg Alt. Veg Curry with Beans	3. Cheese Pizza on WG Crust Steamed Corn Fresh Fruit Veg Alt. Organic Tofu	4. Lasagna with Ground Beef Green Salad WG Roll Fresh Fruits Veg Alt. Veg Lasagna w/ Cheese	5. Kalua Pig & Cabbage Brown Rice Organic Celery Fresh Fruits Veg Alt: Organic Tofu
8. Roast Chicken Brown Rice Green Salad Fresh Fruit Veg. Organic Veg Soup w/ Beans	9. Turkey Meatballs Brown Rice Mashed Potatoes Fresh Fruits WG Cookie	10. Cheese & Chicken Quesadilla on WG Tortilla Fresh Fruit Green Salad	11. BBQ Roast Pork Baked Beans Brown Rice Fresh Fruit Veg Alt. Organic Tofu	12. Sloppy Joe w/ Local Beef On WG Bun Organic Carrots Fresh Fruit Veg Alt. Bean Burger
15. NO SCHOOL	16. NO SCHOOL	17. NO SCHOOL	18. NO SCHOOL	19. NO SCHOOL
22. Banana Pancakes Yogurt Fresh Fruit Roasted Potatoes Veg Alt. Scramble Egg	23. Sweet Sour Pork Brown Rice Broccoli Fresh Fruits Veg Alt. Organic Tofu	24. Cheese Quesadilla on WG Tortilla Refried Beans Organic Carrots WG Brownie Fresh Fruit	25. Spaghetti w/ Gr. Turkey Local Green Salad Fresh Fruit Cup WG Garlic Bread Veg Alt. Pasta w/ Lentils	26. NO SCHOOL

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