

# KA`OHAO ELEMENTARY PCS

## APRIL MENU 2021



# One Love Cafe

Fresh, Local, Organic  
Foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Kalua Pig Brown Rice Mashed Potatoes Bean Salad, Fresh Fruit Muffin	2.  NO SCHOOL
5. Roast Chicken Brown Rice Green Salad Fresh Fruit Veg. Organic Veg Soup w/ Beans	6 Turkey Meatballs Brown Rice Mashed Potatoes Fresh Fruits WG Cookie	7. Cheese Pizza on WG Crust Steamed Corn Fresh Fruit	8. Lasagna with Ground Beef Green Salad WG Roll Fresh Fruits Veg Alt. Veg Lasagna w/ Cheese	9. Kalua Pig & Cabbage Brown Rice Organic Celery Fresh Fruits  Veg Alt: Organic Tofu
12. Local Grass Fed Beef Chili Brown Rice Organic Carrots Garlic Bread Veg Alt. Veg Chili with Beans	13. Teri Chicken Fried Brown Rice Bean Salad Local Green Salad Fresh Fruit Cup Veg Alt. Veg Curry with Beans	14. Cheese & Chicken Quesadilla on WG Tortilla Fresh Fruit Green Salad	15. BBQ Roast Pork Baked Beans Brown Rice Fresh Fruit Veg Alt. Organic Tofu	16. Sloppy Joe w/ Local Beef On WG Bun Organic Carrots Fresh Fruit  Veg Alt. Bean Burger
19. Banana Pancakes Yogurt Fresh Fruit Roasted Potatoes Veg Alt. Scramble Egg	20. Sweet Sour Pork Brown Rice Organic Carrots & Celery Fresh Fruits Veg Alt. Organic Tofu	21. Cheese Pizza on WG Crust Steamed Corn Fresh Fruit	22. Spaghetti w/ Gr. Turkey Local Green Salad Fresh Fruit Cup WG Garlic Bread Veg Alt. Pasta w/ Lentils	23. Herb Roasted Chicken Brown Rice Organic Mix Veggies Fresh Fruit
26. Char Siu Chicken Brown Rice Green Salad Fresh Fruit Veg. Alt. Organic Tofu	27. Turkey Meatloaf Brown Rice Mashed Potatoes Fresh Fruits WG Roll Veg Alt. Veg Bean Loaf	28. Cheese Quesadilla on WG Tortilla Refried Beans Organic Carrots WG Cookie Fresh Fruit	29. Local Beef Stroganoff Brown Rice Green Salad Fresh Fruit Veg Alt. Baked Beans	30. Roast Pork Brown Rice Corn Fresh Fruit Veg Alt. Garlic Lentil

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