

KA`OHAO ELEMENTARY PCS

SEPTEMBER MENU 2021



One Love Cafe

Fresh, Local Foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Kalua Pork Brown Rice Veg Curry with Beans Fresh Fruit Veg Alt. Pesto Tofu	2. Herb Roasted Chicken Brown Rice Organic Carrots WG Muffin Fresh Fruit Veg Alt. Veg Soup w/ Beans	3. Cheese Pizza on WG Crust Green Salad Fresh Fruit
6. NO SCHOOL	7. WG Spaghetti w/ Gr. Turkey Local Green Salad Fresh Fruit Cup WG Garlic Bread Veg Alt. Pasta w/ Lentils	8. Cheese Pizza on WG Crust Steamed Corn Baked Beans Fresh Fruit	9. Lasagna with Local Beef WG Roll Local Green Salad Fresh Fruits Veg Alt. Veg Lasagna w/ Cheese	10. BBQ Roast Pork Steamed Rice Organic Carrots Fresh Fruits Veg Alt: Organic Tofu
13. Local Grass Fed Beef Chili Steamed Rice Garlic Bread Green Salad Fresh Fruit Veg Alt. Veg Chili with Beans	14. Teri Chicken Fried Brown Rice Organic Carrots Fresh Fruit Cup Veg Alt. Fried Rice w/ Egg	15. Cheese Quesadilla on WG Tortilla Fresh Fruit Baked Beans	16. Kalua Pork Brown Rice Steamed Corn Fresh Fruit Veg Alt. Organic Tofu	17. Chicken Salad Wrap Local Green Salad Fresh Fruit WG Roll Veg Alt. Veg Wrap with Beans
20. WG Pancakes Strawberry Yogurt Fresh Fruit Roasted Potatoes Veg Alt. Scramble Egg	21. Sweet Sour Pork Steamed Brown Rice Organic Carrots Fresh Fruits Veg Alt. Organic Tofu	22. Cheese Pizza on WG Crust Bean Salad Green Salad Fresh Fruit	23. NO SCHOOL	24. NO SCHOOL
27. Char Siu Chicken Fried Rice Green Salad Fresh Fruit Veg. Alt. Organic Tofu	28. Turkey Meatballs Brown Rice Mashed Potatoes Fresh Fruits WG Roll Veg Alt. Veg Bean Loaf	29. Roast Chicken Fried Rice Organic Carrots Fresh Fruits WG Cookie Veg Alt. Lentil Patty	30. Hamburger Steak w/ Gravy Steamed Brown Rice Bean Salad Fresh Fruit	

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