

KA`OHAO ELEMENTARY PCS

OCTOBER MENU 2021



One Love Cafe

Fresh, Local Foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Kalua Pig Brown Rice Fresh Fruit Organic Carrots Veg Alt. Fried Rice with Egg
4. Chicken Curry Brown rice Steamed Corn Fresh Fruit	5. WG Spaghetti w/ Gr. Turkey Local Green Salad Fresh Fruit Cup Veg Alt. Pasta w/ Lentils	6. Cheese Pizza on WG Crust Baked Beans Fresh Fruit	7. Lasagna with Local Beef WG Roll Roasted Mix Veggies Fresh Fruits Veg Alt. Veg Lasagna w/ Cheese	8. BBQ Roast Pork Brown Rice Organic Carrots Fresh Fruits Veg Alt: Organic Tofu
11. NO SCHOOL	12. NO SCHOOL	13. NO SCHOOL	14. NO SCHOOL	15. NO SCHOOL
18. WG Pancakes Strawberry Yogurt Fresh Fruit Roasted Potatoes Veg Alt. Scramble Egg	19. Local Grass Fed Beef Chili Steamed Brown Rice Organic Carrots & Celery Fresh Fruits Veg Alt. Organic Tofu	20. Cheese Pizza on WG Crust Bean Salad Green Salad Fresh Fruit	21. Teri Chicken Brown Rice Fresh Fruits Mix Veg Curry	22. Turkey Meatloaf Brown Rice Organic Celery & Carrots WG Muffin
25. Char Siu Chicken Fried Rice Green Salad Fresh Fruit Veg. Alt. Organic Tofu	26. Turkey Meatballs Brown Rice Mashed Potatoes Fresh Fruits WG Roll Veg Alt. Veg Bean Loaf	27. Cheese Quesadilla on WG Tortilla Fresh Fruit Baked Beans	28. Kalua Pork Steamed Brown Rice Organic Carrots Fresh Fruit Veg Alt. Organic Tofu	29. Herb Roasted Chicken Brown Rice Fresh Fruits Mix Veg Curry WG Cookie

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