

# KA`OHAO ELEMENTARY PCS

## NOVEMBER MENU 2021



# One Love Cafe

Fresh, Local Foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1.  <b>NO SCHOOL</b>	2.. Teri Chicken Brown Rice Fresh Fruits Green Salad Veg. Alt. Organic Tofu	3. Cheese Pizza on WG Crust Fresh Fruit Baked Beans Organic Carrots	4. Local Grass Fed Beef Chili Steamed Brown Rice Organic Carrots Fresh Fruits Veg Alt. Organic Tofu	5. Kalua Pig Brown Rice Fresh Fruit Steamed Corn Veg Alt. Fried Rice with Egg
8. Chicken Curry Brown rice Steamed Corn Fresh Fruit Veg Alt. Veg Curry	9. WG Spaghetti w/ Gr. Beef Fresh Fruit Green Salad Veg Alt. Pasta w/ Lentils	10. Cheese Quesadilla on WG Tortilla Refried Beans Fresh Fruit	11.  <b>NO SCHOOL</b>	12. BBQ Roast Pork Brown Rice Organic Carrots Fresh Fruits  Veg Alt: Organic Tofu
15. Turkey Meatloaf Brown Rice Mashed Potatoes Fresh Fruit WG Muffin	16. Beef Stir Fry Mix Stir Fry Veggies Brown Rice Fresh Fruit Veg Alt. Organic Lentils	17. Cheese Pizza on WG Crust Baked Beans Fresh Fruit	18. Beef Stroganoff WG Noodles Green Salad Fresh Fruit	19. Chicken Salad Sandwich on WG bun Organic Carrots Fresh Fruit Veg Alt. Organic Egg Salad Sandwich
22. WG Pancakes Strawberry Yogurt Fresh Fruit Roasted Potatoes Veg Alt. Scramble Egg	23. Lasagna with Local Beef WG Bread Organic Celery Fresh Fruits Veg Alt. Veg Lasagna w/ Cheese	24. Cheese Pizza on WG Crust Bean Salad Green Salad Fresh Fruit	25  <b>NO SCHOOL</b>	26.  <b>NO SCHOOL</b>
29. Char Siu Chicken Fried Rice Green Salad Fresh Fruit Veg. Alt. Organic Tofu	30. Turkey Meatballs Brown Rice Mashed Potatoes Fresh Fruits WG Roll Veg Alt. Veg Bean Loaf			

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