

KA`OHAO ELEMENTARY PCS

DECEMBER MENU 2021



One Love Cafe

Fresh, Local Foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
.		1. Cheese Pizza on WG Crust Fresh Fruit Baked Beans	2. Chicken Stir Fry Stir Fry Broccoli Brown Rice Fresh Fruit Veg Alt. Fried Rice with Egg	3. Turkey Sloppy Joe on WG Bun Organic Carrots Fresh Fruit Veg Alt. Black Bean Burger
6. Chicken Curry Brown rice Steamed Corn Fresh Fruit Veg Alt. Veg Curry	7. WG Spaghetti w/ Gr. Beef Fresh Fruit Green Salad WG Roll Veg Alt. Pasta w/ Lentils	8. Cheese Pizza on WG Crust Roasted Broccoli Fresh Fruit	09. BBQ Roast Pork Brown Rice Organic Carrots Fresh Fruits Veg Alt: Organic Tofu	10. WG Burrito with Turkey Salsa Bean Salad Fresh Fruit Wholegrain Brownie
13 WG Pancakes Strawberry Yogurt Fresh Fruit Roasted Potatoes Veg Alt. Scramble Egg	14. Cheese Quesadilla on WG Tortilla Refried Beans Fresh Fruit Organic Carrots	15. Turkey Meatloaf Brown Rice Green Salad Fresh Fruit WG Roll Veg Bean Patty	16. Beef Stroganoff WG Noodles Organic Carrots Fresh Fruit Veg Alt. Lentil WG Pasta	17 NO SCHOOL
20 NO SCHOOL	21 NO SCHOOL	22. NO SCHOOL	23 NO SCHOOL	24. NO SCHOOL
27. NO SCHOOL	28. NO SCHOOL	29. NO SCHOOL	30. NO SCHOOL	31. NO SCHOOL

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