

KA`OHAO ELEMENTARY PCS

JANUARY MENU 2022



One Love Cafe

Fresh, Local Foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. NO SCHOOL	4. Teri Chicken Brown Rice Fresh Fruits Green Salad Veg. Alt. Fried Rice with Egg	5. Cheese Pizza on WG Crust Fresh Fruit Baked Beans WG Oatmeal Cookie Veg Alt. Black Bean Burrito	6. Local Grass Fed Beef Chili Brown Rice Organic Carrots Fresh Fruits WG Roll Veg Alt. Veg Chili	7. Kalua Pig Brown Rice Fresh Fruit Steamed Corn Veg Alt. Organic Tofu
10. Turkey Meatballs Brown Rice Mashed Potatoes Fresh Fruits WG Roll Veg Alt. Veg Bean Loaf	11. Char Siu Chicken Fried Rice Green Salad Fresh Fruit Veg. Alt. Fried Rice with Egg	12. Cheese Quesadilla on WG Tortilla Bean Salad Organic Carrots Fresh Fruit Veg Alt. WG Taco Salad with Beans	13. WG Spaghetti w/ Gr. Turkey WG Bread Fresh Fruit Green Salad Veg Alt. Pasta w/ Lentils	14. BBQ Roast Pork Brown Rice Garlic Zucchini Fresh Fruits Veg Alt: Organic Tofu
17. NO SCHOOL	18. Beef Stir Fry Mashed Potatoes Brown Rice Fresh Fruit Veg Alt. Organic Lentils	19. Cheese Pizza on WG Crust Baked Beans Green Salad Fresh Fruit WG Oatmeal Cookie Veg Alt. Egg Salad Sandwich on WG Bun	20. Chicken Curry Brown rice Roast Broccoli Fresh Fruit WG Roll Veg Alt. Veg Curry with Beans	21. Turkey Meatloaf Brown Rice Organic Carrots Fresh Fruit WG Roll. Fried Rice with Egg
24. WG Pancakes Yogurt Fresh Fruit Roasted Potatoes Veg Alt. Scramble Egg	25. WG Lasagna with Ground Beef WG Bread Organic Celery Fresh Fruits Veg Alt. Veg Lasagna w/ Cheese	26. Cheese Pizza on WG Crust Bean Salad Green Salad Fresh Fruit	27. Beef Stroganoff WG Noodles Organic Carrots Fresh Fruit Veg Alt. Organic Tofu	28. Sloppy Joe with Gr Turkey on WG Bun Green Salad Fresh Fruits Veg Alt. Egg Salad Sandwich on WG Bun

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