

# KA`OHAO ELEMENTARY PCS

## MARCH MENU 2022



# One Love Cafe

Fresh, Local Foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
.	1. Local Grass Fed Beef Chili Brown Rice Fresh Fruit Green Salad WG Bread Veg. Alt. Veg Chili with Beans	2. Cheese Pizza on WG Crust Fresh Fruit Baked Beans Organic Celery  Veg Alt. Black Bean Burrito	3. Teri Chicken Brown Rice Organic Carrots Fresh Fruits WG Roll Veg Alt.	4. Kalua Pig Brown Rice Fresh Fruit Poi Steamed Corn Veg Alt. Organic Tofu
7. WG Pancakes Yogurt Fresh Fruit Roasted Potatoes Veg Alt. Scramble Egg	8. Turkey Meatballs Brown Rice Mashed Potatoes Roast Broccoli Fresh Fruit Veg. Alt. Lentils	09. Cheese Quesadilla on WG Tortilla Refried Beans Green Salad Fresh Fruit Veg Alt. WG Taco Salad with Beans	10. WG Spaghetti w/ Gr. Turkey, WG Roll Fresh Fruit Organic Carrots Local Cucumber Slices Veg Alt. Pasta w/ Lentils	11. BBQ Roast Pork Brown Rice Mixed Vegetables Fresh Fruits  Veg Alt: Organic Tofu
14.  <b>NO SCHOOL</b>	15.  <b>NO SCHOOL</b>	16.  <b>NO SCHOOL</b>	17  <b>NO SCHOOL</b>	18.  <b>NO SCHOOL</b>
21. Chicken Curry Brown rice Roast Broccoli Bean Salad Fresh Fruit WG Roll Veg Alt. Veg Curry with Tofu	22. Kalua Pig Brown Rice Fresh Fruit Poi Steamed Corn Veg Alt. Organic Lentils	23. Sloppy Joe with Gr Turkey on WG Bun Green Salad Fresh Fruits Veg Alt. Egg Salad Sandwich on WG Bun	24. Local Beef Stir Fry Stir Fry Veggies Organic Carrots Brown Rice Fresh Fruit Veg Alt. Fried Rice with Egg	25.  <b>NO SCHOOL</b>
28. Hamburger Steak with local Beef Brown Rice Roast Broccoli Fresh Fruit Veg Alt. Fried Rice with Egg	29. WG Lasagna with Ground Beef WG Bread Organic Carrots Fresh Fruits Veg Alt. Veg Lasagna w/ Cheese	30. Cheese Pizza on WG Crust Garlic Lentils Green Salad Fresh Fruit Veg Alt. Egg Salad Sandwich on WG Bun	31. Beef Stroganoff WG Noodles Fresh Fruit Local Cucumber Slices WG Bread Veg Alt. WG Macaroni & Cheese	

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