

KA`OHAO ELEMENTARY PCS

MAY LUNCH MENU 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. WW Spaghetti w/ Gr Turkey Green Salad with Organic Carrots Fresh Fruit Veg Alt. WW Spaghetti w/ Lentils	3. Meatloaf with Gr Turkey Brown Rice Steamed Corn Fresh Fruit Veg Alt. Egg Quiche with Brown Rice	4. Teri Chicken Brown Rice Broccoli Salad Fresh Fruit Veg Alt. WG Bean Burrito OR WW Cheese Quesadilla	5. Local Beef Burrito on WW Tortilla Organic Carrots, Bean Salad Fresh Fruit, WG Brownie Veg Alt. Black Bean Burrito or Cheese Quesadilla on WW tortilla	6. Kalua Pig Brown Rice Fresh Fruit Green Salad WW Roll Veg Alt. Brown Fried Rice with Egg
9. WG Pancakes Yogurt Fresh Fruit Roasted Potatoes Veg Alt. Scramble Egg	10. BBQ Roast Pork Brown Rice Green Salad Lentils Fresh Fruit Veg Alt. Quiche with Egg	11. Cheese Pizza on WG Crust Fresh Fruit Tomato Soup Organic Celery Veg Alt. Black Bean Burrito	12. WW Pasta Alfredo w/ Gr. Turkey, WG Roll Fresh Fruit Organic Carrots Bean Salad Veg Alt. Pasta w/ Lentils	13 Sloppy Joe with Gr Turkey on WG Bun Green Salad Fresh Fruits Veg Alt. Egg Salad Sandwich on WG Bun
16. Char Siu Chicken Brown Rice Mashed Potatoes Fresh Fruits WG Brownie Veg Alt. Fried Rice with Scramble Egg	17. WG Lasagna with Gr Turkey WG Bread Organic Carrots Fresh Fruits Veg Alt. Veg WG Pasta with Lentils	18. Local Beef Chili Brown Rice Fresh Fruit Green Salad Veg Alt. Veg Chili with Beans	19. Cheese Pizza on WG Crust Garlic Lentils Cucumber Slices Fresh Fruit Veg Alt. Egg Salad Sandwich on WG Bun	20 NO SCHOOL
23. Sweet Sour Pork Brown Rice Broccoli Salad Fresh Fruit Veg Alt. Veg Curry with Tofu & Brown Rice	24. Meatballs with Gr Turkey Brown Rice Tomato Soup Lentils Fresh Fruit WG Brownie Veg Alt. Black Bean Soup With WW Noodle	25. Local Beef Burrito on WW Tortilla Refried Beans Green Salad Fresh Fruit Veg Alt WW Breakfast Burrito Or Cheese Quesadilla	26. Chicken Salad Sandwich on WG Bun Organic Carrots Fresh Fruit Veg Alt. Organic Egg Salad Sandwich on WG Bun	27 NO SCHOOL

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