KA`OHAO ELEMENTARY PCS

AUGUST MENU 2022

One Love Cafe

Fresh, Local Foods

MONDAY	TUESDAY	WEDNESDAY	THUSRSDAY	FRIDAY
1. WW Spaghetti w/ Gr. Turkey Local Green Salad Fresh Fruit WG Roll Veg Alt. WW Pasta w/ Lentils	2. Veg Quiche with Egg Steamed Brown Rice Roasted Potatoes Fresh Fruit	3. Cheese Quesadilla on WW Tortilla Bean Salad, Organic Carrots WG Muffin Fresh Fruit Veg Alt. Refried Beans	4. Hamburger Steak w/ Gravy Steamed Brown Rice Tomato Soup Fresh Fruit Veg Alt. Veg Bean Burger	5. Kalua Pig Steamed Brown Rice Local Green Salad Fresh Fruit Veg Alt. Fried Rice w/ Egg
8. Roast Chicken Steamed Brown Rice Local Green Salad Fresh Fruit Veg. Alt. Organic Veg Soup w/ Beans	9. Turkey Meatballs Fried Brown Rice Mashed Potatoes Fresh Fruits WG Cookie Veg Alt. Lentil Patty	10. Cheese Pizza on WG Crust Steamed Corn Baked Beans Fresh Fruit	11. WW Lasagna with GR Turkey WG Roll Local Green Salad Fresh Fruits Veg Alt. Veg WW Pasta w/ Lentils	12. Roast Pork Steamed Brown Rice Organic Carrots Fresh Fruits Veg Alt: Organic Tofu
15. Local Grass Fed Beef Chili Steamed Brown Rice WW Garlic Bread Local Green Salad Fresh Fruit Veg Alt. Veg Chili with Beans	16. Teri Chicken Fried Brown Rice Organic Carrots Tomato Soup Fresh Fruit Cup Veg Alt. Fried Brown Rice w/ Egg	17. Cheese Quesadilla on WW Tortilla Fresh Fruit Bean Salad, Roasted Potatoes WG Roll	18. BBQ Roast Pork Steamed Brown Rice Roast Broccoli Fresh Fruit Veg Alt. Organic Tofu	19. NO SCHOOL
22. WG Pancakes Strawberry Yogurt Fresh Fruit Roasted Potatoes Veg Alt. Scramble Egg	23. Sweet Sour Pork Steamed Brown Rice Organic Carrots Fresh Fruits Veg Alt. Organic Tofu	24. Cheese Pizza on WG Crust Corn Chowder Bean Salad Fresh Fruit	25. Herb Roasted Chicken Brown Rice Garlic Lentils Fresh Fruit Veg Alt. Veg Quiche w/ Egg	26. Garlic Chicken WW Wrap Local Green Salad Fresh Fruit WG Cookie Veg Alt. Veg Wrap with Beans
29. Char Siu Chicken Brown Fried Rice Green Salad Fresh Fruit Veg. Alt. Organic Tofu	30. Turkey Meatloaf Steamed Brown Rice Mashed Potatoes Fresh Fruits WG Roll Veg Alt. Veg Bean Loaf	31. Veg Quiche with Egg Steamed Brown Rice Roast Broccoli Tomato Soup Fresh Fruit		

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