

# KA`OHAO ELEMENTARY PCS

## SEPTEMBER MENU 2022



# One Love Cafe

Fresh, Local Foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Cheese Pizza on Wholegrain crust Fresh Fruit Organic Carrots	2. Beef Burrito with WW Tortilla Green Salad Baked Beans Fresh Fruit Veg. Alt Veg Bean Burrito
5.  <b>NO SCHOOL</b>	6. Mac and Cheese w/ WW Noodle Local Green Salad Fresh Fruit Veg. Alt. Organic Veg Soup w/ Beans	7. Cheese Pizza on WG Crust Steamed Corn Baked Beans Fresh Fruit	8. WW Lasagna with GR Turkey WG Roll Local Green Salad Fresh Fruits Veg Alt. Veg WW Pasta w/ Lentils	9. Kalua Pig Steamed Brown Rice Organic Carrots Fresh Fruits  Veg Alt: Organic Tofu
12. Local Grass Fed Beef Chili Steamed Brown Rice WW Garlic Bread Local Green Salad Fresh Fruit Veg Alt. Veg Chili with Beans	13. Teri Chicken Fried Brown Rice Organic Carrots Tomato Soup Fresh Fruit Cup Veg Alt. Fried Brown Rice w/ Egg	14. Cheese Quesadilla on WW Tortilla Fresh Fruit Bean Salad, Roasted Potatoes WG Roll	15. BBQ Roast Pork Steamed Brown Rice Roast Broccoli Fresh Fruit Veg Alt. Organic Tofu	16. WW Spaghetti w/ Gr. Turkey Local Green Salad Fresh Fruit WG Roll Veg Alt. WW Pasta w/ Lentils
19. WG Pancakes Strawberry Yogurt Fresh Fruit Roasted Potatoes Veg Alt. Scramble Egg	20. Sweet Sour Pork Steamed Brown Rice Organic Carrots Green Salad Fresh Fruits Veg Alt. Organic Tofu	21. Cheese Pizza on WG Crust Corn Chowder Bean Salad Fresh Fruit	22.  <b>NO SCHOOL</b>	23.  <b>NO SCHOOL</b>
26. Herb Roasted Chicken Brown Rice Garlic Lentils Green Salad Fresh Fruit Veg Alt. Veg Quiche w/ Egg	27. Turkey Meatloaf Steamed Brown Rice Mashed Potatoes Fresh Fruits WG Roll Veg Alt. Veg Garlic Lentils	28. Veg Quiche with Egg Steamed Brown Rice Roast Broccoli Tomato Soup Fresh Fruit	29.. Beef Burrito with WW Tortilla Green Salad Fresh Fruit Veg. Alt Veg Bean Burrito	30. Kalua Pig Steamed Brown Rice Organic Carrots Fresh Fruits  Veg Alt. Black Bean Soup

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