

KA`OHAO ELEMENTARY PCS

OCTOBER MENU 2022



One Love Cafe

Fresh, Local Foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. NO SCHOOL	4. NO SCHOOL	5. NO SCHOOL	6. NO SCHOOL	7. NO SCHOOL
10. Chili with GR Turkey Steamed Brown Rice Local Green Salad Fresh Fruit Veg Alt. Veg Chili with Beans	11. Teri Chicken Steamed Brown Rice Roast Broccoli Fresh Fruit Cup Veg Alt. Fried Brown Rice w/ Egg	12. Cheese Quesadilla on WW Tortilla Fresh Fruit Tomato soup, Baked Beans WG Roll	13. Kalua Pig Steamed Brown Rice Mashed Potato Fresh Fruit Veg Alt. Organic Tofu	14. WW Spaghetti w/ Gr. Turkey Green Salad, Organic Carrots Fresh Fruit WG Bread Veg Alt. WW Pasta w/ Lentils
17. WG Pancakes Strawberry Yogurt Fresh Fruit Roasted Potatoes Veg Alt. Scramble Egg	18. Sweet Sour Pork Steamed Brown Rice Organic Carrots Green Salad Fresh Fruits Veg Alt. Organic Tofu	19. Cheese Pizza on WG Crust Corn Chowder Bean Salad Fresh Fruit	20. Veg Quiche with Egg Steamed Brown Rice Roast Broccoli WG Cookie Fresh Fruit	21. Beef Burrito with WW Tortilla Green Salad Fresh Fruit Veg. Alt Veg Bean Burrito
24. Herb Roasted Chicken Steamed Brown Rice Green Salad Fresh Fruit Veg Alt. Veg Quiche w/ Egg	25. Turkey Meatloaf Steamed Brown Rice Mashed Potatoes Fresh Fruits WG Roll Veg Alt. Veg Garlic Lentils	26. WW Lasagna with GR Turkey WG Roll Green Salad Fresh Fruits Veg Alt. Veg WW Pasta w/ Lentils	27. Beef Burrito with WW Tortilla Garlic Lentils Fresh Fruit Veg. Alt Veg Bean Burrito	28. Kalua Pig Steamed Brown Rice Organic Carrots Fresh Fruits Veg Alt. Black Bean Soup
31. Mac and Cheese w/ WW Noodle Local Green Salad Fresh Fruit Veg. Alt. Organic Veg Soup w/ Beans				

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