

KA`OHAO ELEMENTARY PCS

NOVEMBER MENU 2022



One Love Cafe

Fresh, Local Foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. NO SCHOOL	2. Turkey Chili , Brown Rice Steamed Corn Fruit Veg Alt. Chili w/ Beans	3. WG Pizza with Cheese Roast Cauliflower Lentils Fruit Veg Alt. Egg w/ WG Crust	4. Kalua Pig & Cabbage Steamed Brown Rice Organic Carrots Fresh Fruit Veg Alt. Organic Tofu
7. Teri Chicken Steamed Brown Rice Roast Broccoli, Fresh Fruit Veg Alt. Organic Tofu	08 NO SCHOOL	09. Cheese Quesadilla on WW Tortilla Fresh Fruit Tomato soup, Baked Beans WG Roll	10. Kalua Pig Steamed Brown Rice Mashed Potato, Green Salad Fresh Fruit Veg Alt. Organic Tofu	11. NO SCHOOL
14. WG Pancakes Strawberry Yogurt Fresh Fruit Roasted Potatoes Veg Alt. Scramble Egg	15. WW Spaghetti w/ Gr. Turkey Green Salad, Organic Carrots Fresh Fruit WG Bread Veg Alt. WW Pasta w/ Lentils	16. Cheese Pizza on WG Crust Organic Celery Bean Salad Fresh Fruit	17. Veg Quiche with Egg Steamed Brown Rice Roast Broccoli WG Cookie Fresh Fruit	18. Beef Burrito with WW Tortilla Green Salad Fresh Fruit Veg. Alt Veg Bean Burrito
21. Chicken Curry Steamed Brown Rice Green Salad Lentils Fresh Fruit Veg Alt. Veg Quiche w/ Egg	22. Turkey Meatloaf Steamed Brown Rice Mashed Potatoes Fresh Fruits WG Roll Veg Alt. Veg Garlic Lentils	23. Beef Stew Steamed Brown Rice Organic Carrots Fresh Fruits Veg Alt. Fried Rice w/ EGG	24. NO SCHOOL	25. NO SCHOOL
28. Mac and Cheese w/ WW Noodle Organic Carrots Fresh Fruit Veg. Alt. Organic Veg Soup w/ Beans	29. Beef Burrito with WW Tortilla Garlic Lentils Fresh Fruit Veg. Alt Veg Bean Burrito	30. WW Lasagna with GR Turkey WG Roll Green Salad Fresh Fruits Veg Alt. Veg WW Pasta w/ Lentils		

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