

Lunch

April 2018

All Steamed Rice are
100% Brown Rice

All breads/bread items are
Whole Grain

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef and Bean Burrito Curly Fries Offer Lettuce Leaf Tomato Slice Orange Wedges	3 Turkey Pastrami Sandwich Canned Mixed Fruits Offer House Salad Baby Carrots	4 Vegetarian Pasta Fruited Muffin Offer Mixed Vegetables Apple Wedges	5 Corndog Fruit Juice Offer House Salad Baby Carrots Baked Beans	6 Roast Pork w/Gravy and Rice Vegetable Juice Offer Tropical Pineapple Lomi - Tomato
9 Breaded Chicken Strips and Rice Fruit Cocktail Offer House Salad	10 Beef Hot Dog in WG Bun w/Tater Tots Offer House Salad Apple Wedges Short Bread Cookie	11 BBQ Pork Sandwich w/Oven Fries Offer House Salad Fruit Slushy	12 Breaded Chicken Nuggets w/Rice Pineapple Chunks Offer Mixed Vegetables Hummus w/Baby Carrots	13 Oven Baked Chicken w/Gravy and Whipped Potato, Roll Offer Orange Wedges Corn
16 Pop Corn Chicken w/Rice Fruit Slushy Offer Baked Beans Rainbow Salad	17 Crispy Nachos w/Beef and Cheese Orange Juice Offer House Salad Sliced Tomatoes	18 Tasty Golden Chicken Tenders w/Rice and Pickled Cabbage Pineapple chunks Offer Broccoli & Carrots	19 Chili w/Cheese and Roll Potato Wedges Offer Veggie Sticks /Dressing Chilled Pears	20 Turkey w/Gravy w/Rice Roll Canned Peaches Offer Broccoli Florets and Baby Carrots
23 Chicken Patty on WG Bun Curly Fries Offer Lettuce Leaf, Tomato Slice Fruit Cocktail	24 Turkey Pastrami Sandwich Canned Mixed Fruits Offer House Salad Baby Carrots	25 Popcorn Chicken and Mashed Potato Apple Wedges Offer Mixed Vegetables Fruited Muffin	26 Teri Burger on WG Bun Orange Juice Offer Baked Beans House Salad Baby Carrots	27 Harvest of the Month ULU -licious Wrap (Kalua Pork, Spinach & ULU) Pineapple Chunks Offer House Salad Salsa
30 Beef Stew and WG Roll Steamed Rice Offer House Salad Fruit Cocktail	 <p>Ulu (Breadfruit)</p>	<p>Ulu-Breadfruit Breadfruit is gluten free and packed with nutrients. It is high in carbohydrates and a good source of antioxidants, calcium, carotenoids, dietary fiber, energy, iron, magnesium, niacin, omega 3, omega 6, potassium, protein, vitamin A and vitamin C.</p>		

ALL MEALS INCLUDES A CHOICE OF HALF-PINT 1% OR SKIM MILK

This Institution is an equal opportunity provider

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Whole Grain

Breakfast

April 2018

Cereal Offered Daily

Monday	Tuesday	Wednesday	Thursday	Friday
2 Waffle w/Syrup Apple Juice Offer Fresh Strawberries	3 Applesauce Muffin Grape Juice Offer Pineapple Chunks	4 Yogurt Cheese Toast Orange Juice Offer Papaya/ Pineapple Chunks	5 Pizza Bagel Dried Cranberries Offer Mixed Fruits	6 Portuguese Sausage and Steamed Rice Apple Juice Offer Canned Peaches
9 Maple Pancake Wrap Dried Cranberries Offer Sliced Peaches	10 School Made Banana Bread Grape Juice Offer Tropical Pineapple	11 Belgian Waffle w/Syrup Orange Juice Offer Mixed Fruits	12 Portuguese Sausage and Steamed Rice Apple Juice Offer Seasonal Fruits	13 Cinnamon Roll Pineapple Chunks Offer Orange Slice
16 Apple Pastry Apple Juice Offer Orange Wedges	17 Frankfurter and Steamed Rice Grape Juice Offer Sliced Peaches	18 Waffle w/Syrup Banana Offer Apple Wedges	19 School Made Coffee Cake Pork Links Orange Juice Offer Mixed Fruits	20 Cinnamon Toast and Ham Links Cranberries Offer Pineapple Chunks
23 French Toast w/Syrup Apple Juice Offer Fresh Strawberries	24 Cinnamon Bagel Grape Juice Offer Pineapple Chunks	25 Yogurt Cheese Toast Orange Juice Offer Papaya/ Pineapple Chunks	26 Pizza Bagel Dried Cranberries Offer Mixed Fruits	27 Portuguese Sausage and Steamed Rice Offer Apple Juice Canned Peaches
30 Maple Pancake Wrap Dried Cranberries Offer Sliced Peaches				

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