

# Breakfast

## March 2018

All Steamed Rice are  
100% Brown Rice

All breads/bread items are  
Whole Grain

Cereal w/ toast offered  
Daily

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
|   |  |   | 1<br>Portuguese Sausage<br>and Steamed Rice<br>Apple Juice<br>Offer<br>Seasonal Fruits | 2<br>Cinnamon Roll<br>Pineapple Chunks<br>Offer<br>Orange Slices                           |
| 5<br>Pepperoni Pizza Stick<br>Apple Juice<br>Offer<br>Orange Wedges                     | 6<br>Breakfast Sliders<br>Grape Juice<br>Offer<br>Sliced Peaches     | 7<br>Waffle<br>Banana<br>Offer<br>Apple Wedges  | 8<br>School Made Coffee Cake<br>Pork Links<br>Orange Juice<br>Offer<br>Mixed Fruits    | 9<br>Turkey Ham & Cheese<br>on Whole Grain Bun<br>Cranberries<br>Offer<br>Pineapple Chunks |
| 12<br>WG Pancake/Syrup<br>Apple Juice<br>Offer<br>Seasonal Fruits<br>Fresh Strawberries | 13<br>Applesauce Muffin<br>Grape Juice<br>Offer<br>Pineapple Chunks  | 14<br>Yogurt<br>and Cheese Toast<br>Orange Juice<br>Offer<br>Papaya/ Pineapple Chunks | 15<br>Pizza Bagel<br>Dried Cranberries<br>Offer<br>Mixed Fruits                        | 16<br>Portuguese Sausage and<br>Steamed Rice<br>Apple Juice<br>Offer<br>Canned Peaches     |
| 19<br>Spring Break  | 20<br>Spring Break   | 21<br>Spring Break  | 22<br>Spring Break   | 23<br>Spring Break   |
| 26<br>Kuhio<br>Day  | 27<br>Pepperoni Pizza Stick<br>Apple Juice<br>Offer<br>Orange Wedges | 28<br>Frankfurter<br>and Steamed Rice<br>Grape Juice<br>Offer<br>Sliced Peaches       | 29<br>Fried Rice w/Eggs<br>Orange Juice<br>Offer<br>Mixed Fruits                       | 30<br>Good Friday  |

ALL MEALS INCLUDES A CHOICE OF HALF-PINT FAT FREE CHOCOLATE OR 1% LOW FAT MILK

This Institution is an equal opportunity provider

# Lunch

# March 2018

All Steamed Rice are  
100% Brown Rice

All breads/bread items are  
Whole Grain

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
|  |   |   | 1<br>Chili Frank and Rice<br>Pineapple Chunks<br>Offer<br>Pan Roasted Vegetables<br>Hummus, Baby Carrots | 2<br>Hot Turkey Sandwich w/Gravy<br>and Mashed Potatoes<br>Offer<br>Corn<br>Orange Wedges                 |
| 5<br>Fish Wedge<br>Steamed Rice<br>Fruit Slushy<br>Offer<br>Baked Beans<br>Rainbow Salad         | 6<br>Crispy Nachos<br>w/Beef and Cheese<br>Orange Juice<br>Offer<br>House Salad<br>Grape Tomatoes   | 7<br>Pork Gisantes and Rice<br>Pineapple Chunks<br>Offer<br>Broccoli and Carrots                                      | 8<br>Breaded Chicken Nuggets<br>Potato Wedges and Roll<br>Offer<br>Veggie Sticks<br>Canned Pears         | 9<br>Cheese Pizza<br>Canned Peaches<br>Offer<br>Coleslaw<br>Broccoli Florets and Baby Carrots             |
| 12<br>Tuna Dip and Chips<br>Curly Fries, Fruit Cocktail<br>Offer<br>Lettuce Leaf<br>Tomato Slice | 13<br>Beef Broccoli and Rice<br>Canned Mixed Fruits<br>Offer<br>House Salad<br>Baby Carrots<br>Roll | 14<br>Popcorn Chicken<br>Mashed Potatoes w/Gravy<br>Apple Wedges<br>Offer<br>Pan Roasted Vegetables<br>Fruited Muffin | 15<br>Italian Sausage Pizza<br>Orange juice<br>Offer<br>Baked Beans<br>House Salad<br>Baby Carrots       | 16<br>Kalua Pork w/Rice<br>and Cabbage<br>Tropical Pineapple<br>Offer<br>Vegetable Juice<br>Lomi - Tomato |
| 19<br>Spring Break   | 20<br>Spring Break  | 21<br>Spring Break  | 22<br>Spring Break   | 23<br>Spring Break  |
| 26<br>Kuhio<br>Day   | 27<br>Hot Dog in Bun<br>Fruit Slushy<br>Offer<br>Baked Beans<br>Rainbow Salad                       | 28<br>Philly Cheese Steak Sandwich<br>Orange Juice<br>Offer<br>House Salad<br>Grape Tomatoes                          | 29<br>Breaded Chicken Nuggets<br>Potato Wedges, Pears<br>Offer<br>Veggie Sticks<br>Roll                  | 30<br>Good Friday   |

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