

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
 5.	 6.	 7.	1. Breakfast Chicken Patty w/Rice Or Yogurt & Granola, Pineapple Chunks, Orange Chili w/Rice Or Chef Salad Poi Cornbread, Coleslaw Baby Carrots, Apple Straw Crunch	2. Local Fried Rice Or Cereal & Toast, Orange, Straw Gel Chile Relleno Burrito Or Taco Salad Green Salad, Apple
 12. No School	13. Turkey & Cheese Sandwich Or Yogurt & Granola, Apple, Orange Chicken Soup w/Rice Or Tuna Tofu Salad Cucumber, Green Salad Strawberry & Cream Ice Cake	14. Poi Yogurt Bowl Or Cereal & Toast Pineapple Chunks, Straw Apple Crunch Honey Ginger Chicken w/Rice Or Protein Pack Steamed Carrots, Edamame Apple	15. Uala Sweet Potato Bread Turkey Sausage Patty Or Yogurt & Granola, Pineapple Chunk, Orange Loco Moco 'Ulu Gravy & Rice Or Protein Popper Caesar Salad Bok Choi, Cucumber, Apple	16. Breakfast Quesadilla Or Cereal & Toast, Orange, Applesauce Kalua Pork w/Cabbage & Rice Or Tofu Poke Poi, Lomi Tomato, Sweet Potato Pineapple Chunks
19. Banana Pancake w/Haupia Sauce Or Cereal & Toast, Straw Apple Crunch, Mandarin Orange Power Bites w/Rice Or Ramen Salad Steamed Broccoli, Baked Beans Strawberry Cream Ice Cake	20. Breakfast Chicken Patty & Waffles Or Yogurt & Granola Veggie Juice, Orange Pasta Florentine w/Chicken Or Chicken Caesar Salad Green Salad Tomato, Cucumbers, Apple	21. Ulu Banana Bread w/Turkey Sausage Patty Or Cereal & Toast Pineapple, Sour Raisins Hot Dog w/Bun, Tater Tots Or Chinese Chicken Salad Roasted Kabocha Cucumbers, Apple	22. 23. No School Parent Teacher Conference 	
26. French Toast w/Straw Compote Or Cereal & Toast, Applesauce Blueberry Apple Crunch Pizza Or Protein Pack Cucumber Sticks, Baby Carrots Apple	27. Scrambled Eggs w/Cheese & Roasted Sweet Potato Or Yogurt & Granola Mandarin Orange, Apple Orange Chicken w/Rice Or Chinese Chicken Salad Edamame, Bok Choy Pineapple, Fortune Cookie	28. Maple Pancake Sausage & Cheese Or Cereal & Toast, Orange, Apple Paniolo Pasta & WG Roll Or Chicken Caesar Salad Green Salad, Baby Carrots Cucumbers, Apple	29. Pumpkin Bread w/Scrambled Egg Or Yogurt & Granola, Orange Strawberry Fruit Gel Teri Burger W/ Crinkle Fries Or Chef Salad Lettuce, Tomato Slice Baby Carrots, Sour Punch Raisins	30. Portuguese Sausage & Rice Or Cereal & Toast Orange, Pineapple Chunks Roast Turkey w/Gravy & WG Roll Or BANH MI Salad w/Protein Poppers, Mashed Potato Roasted Zucchini, Apple

MENU'S SUBJECT TO CHANGE WITHOUT NOTICE. SECOND MEALS ARE FULL PRICE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDE
Menu Contains Milk(DAIRY),Egg,Wheat/Gluten,Tree Nuts,Sesame,Soy,Fish,Shellfish

