

WAIANAE HIGH SCHOOL

BREAKFAST & LUNCH MENU

August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>school made cinn.roll. 1 fresh fruit,diced pears lunch mac & cheese baby carrots,edamame fresh fruit,sliced peaches roll</p>	<p>portuguese sausage,s.rice 2 fresh fruit,pine chunks lunch pepperoni pizza veggie sticks,steamed corn fresh fruit, fruit punch juice</p>	<p>mini pancakes 3 mixed fruits,grape juice lunch beef curry steamed rice,steamed corn broccoli,pog slushie fresh fruit,roll</p>	<p>country breakfast scrambled,s.rice 4 apple sauce,paradise punch lunch asian chicken, w/ brown gravy steamed rice,broccoli baked beans,apple chips mixed fruits</p>	<p>breakfast pizza 5 fresh fruit,apple chips lunch tuna sandwich, chicken noodle soup veggie sticks,fresh fruit mixed fruit</p>
<p>fruited muffin 8 grape juice,sliced peaches lunch cheese bites veggie sticks,marinara sauce cup, cocord berry slush fresh fruit</p>	<p>plain bagel w/cream cheese 9 fresh fruit,diced pears lunch creole mac w/cheese green salad,edamame applesauce,sliced peaches french bread</p>	<p>country gravy pizza 10 pine chunks,craisins lunch teri burger potato wedge lettuce,tomato slice fresh fruit,mixed fruit</p>	<p>pork sausage pattv. s.rice 11 mixed fruit,fruit punch lunch breaded chicken tenders steamed rice,steamed corn edamame,roll sliced peaches,pine chunks</p>	<p>cereal w/toast 12 applesauce,fresh fruit lunch roast turkey mash potato,roll zucchini sticks,steamed carrots diced pear,mmixed fruits</p>
<p>cheese sticks 15 marinara sauce,sliced peaches lunch cheese pizza green salad,baby carrots fresh fruit,pinechnks</p>	<p>belgian waffle 16 fresh fruit,mixed fruit lunch fish sandwich,wedge fries veggie sticks,baked beans white grape peach slushie. diced pears</p>	<p>yogurt w/granola 17 pears,fresh fruit lunch spaghetti w/meat sauce greensalad,cucumber steamed edamame fresh fruit,french bread mixed fruit</p>	<p>portugese sausage. s.rice 18 applesauce,craisins lunch roast pork w/gravy,steamed rice steamed broccoli,baby carrots cran razz juice,fresh fruit wg,roll</p>	<p>school made cinn. Roll 19 apple chips,fresh fruit lunch hot dog in butart tots coleslaw apple chips,pinechunks</p>
<p>french toast sticks 22 apple chips,pine chunks lunch tasty tenders steamed rice,wg roll veggie sticks edamame,baby carrots apple chips,pine chunks</p>	<p>breaded chicken pattv.rice 23 fresh fruit,sliced peaches lunch chicken sandwich emotional potatoes tomato slice,lettuce edamame fresh fruit,pears</p>	<p>cereal w/toast 24 diced pears,fresh fruit lunch beef chilli nachos greensalad,salsa strawberry kiwi juice mixed fruit</p>	<p>pizza bagel 25 mixed fruit,grape juice lunch beef pattv w/gravy steamed rice,wg roll steamed corn, broccoli fresh fruit pine chunks</p>	<p>coffee cake w/pork pattv 26 fresh fruit,apple chips lunch kalua pork w/ cabbage,rice diced tomato w/g.onion pine chunks,peaches wg.roll</p>
<p>school made cinn.roll. 29 fresh fruit,diced pears lunch mac & cheese baby carrots,edamame fresh fruit,sliced peaches roll</p>	<p>portuguese sausage,s.rice 30 fresh fruit,pine chunks lunch pepperoni pizza veggie sticks,steamed corn fresh fruit, fruit punch juice</p>	<p>mini pancakes 31 mixed fruits,grape juice lunch beef curry steamed rice,steamed corn broccoli,pog slushie fresh fruit,roll</p>	<p>country breakfast scrambled,s.rice 1 apple sauce,paradise punch lunch asian chicken, w/ brown gravy steamed rice,broccoli baked beans,apple chips mixed fruits</p>	<p>breakfast pizza 2 fresh fruit,apple chips lunch tuna sandwich, chicken noodle soup veggie sticks,fresh fruit mixed fruit</p>

MENU SUBJECT TO CHANGE
 WITH OUT NOTICE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

1/2 pint milk served with meal