

**WAIANAE HIGH SCHOOL**

**BREAKFAST & LUNCH MENU**

**January 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>No Students</p>	<p><b>4</b></p> <p><u>BELGIAN WAFFLES</u> FRESH FRUIT, MIXED FRUIT <b>LUNCH-</b> FISH SANDWICH WEDGE FRIES, VEGGIE STICKS BAKED BEANS GRAPE SLUSHY DICED PEARS</p>	<p><b>5</b></p> <p><u>CEREAL W/TOAST</u> <u>PEACHES, GRAPE JUICE</u> <b>LUNCH-</b> CREOLE MAC COLE SLAW, STEAMED CORN MIXED FRUIT STEAMED EDAMAME, WG ROLL FRESH FRUIT</p>	<p><b>6</b></p> <p><u>PORTUGESE SAUSAGE, RICE</u> <u>APPLESAUCE, CRAISINS</u> <b>LUNCH-</b> ROAST PORK W/ GRAVY STEAMED CARROTS STEAMED RICE, ROLL STRAWBERRY KIWI JUICE FRESH FRUIT</p>	<p><b>7</b></p> <p><u>SCHOOL MADE CINN. ROLL</u> <u>APPLE CHIPS, FRESH FRUIT</u> <b>LUNCH-</b> HOT DOG ON BUN TATER TOTS BABY CARROTS, VEGGIES STICKS PINE CHUNKS, DICED PEARS</p>
<p><b>10</b></p> <p><u>FRENCH TOAST STICKS W/SYRUP</u> POWER PUNCH JUICE, PINE CHUNKS <b>LUNCH-</b> TASTY CHICKEN TENDERS, ROLL STEAMED RICE, GREEN SALAD VEGGIE STICKS <u>APPLESAUCE</u> PINE CHUNKS</p>	<p><b>11</b></p> <p><u>CHICKEN PATTY W/RICE</u> CRAISINS, PEACHES <b>LUNCH-</b> TUNA SANDWICH CORN CHOWDER GREEN SALAD TOMATO WEDGE EDAMAME POG SLUSH, FRESH FRUIT</p>	<p><b>12</b></p> <p><u>CEREAL W/TOAST</u> DICED PEARS, FRESH FRUIT <b>LUNCH-</b> BEEF CHILI NACHOS STEAMED BROCCOLI STEAMED CORN <u>GRAPE JUICE</u> MIXED FRUIT</p>	<p><b>13</b></p> <p><u>PIZZA BAGEL</u> MIXED FRUIT, GRAPE JUICE <b>LUNCH-</b> CHEESE BURGER TATER TOTS COLE SLAW BAKED BEANS MIXED FRUIT, FRESH FRUIT</p>	<p><b>14</b></p> <p><u>COFFEE CAKE W/TURKEY HAM</u> <u>FRESH FRUIT, APPLE CHIPS</u> <b>LUNCH-</b> KALUA PORK W/CABBAGE ROLL, STEAMED RICE DICED TOMATO W/G.ONION PINE CHUNKS SLICED PEACHES</p>
<p><b>17</b></p> <p>No School</p>	<p><b>18</b></p> <p><u>PORTUGESE SAUSAGE W/RICE</u> FRESH FRUIT, PINECHUNKS <b>LUNCH-</b> PEPPERONI PIZZA GREEN SALAD, VEGGIE STICKS, HUMMUS FRUIT PUNCH JUICE FRESH FRUIT</p>	<p><b>19</b></p> <p><u>MINI PANCAKES</u> MIXED FRUITS, CRAISINS <b>LUNCH-</b> SLOPPY JOE WEDGE FRIES GREEN SALAD POG SLUSHIE FRESH FRUIT</p>	<p><b>20</b></p> <p><u>CEREAL W/TOAST</u> <u>APPLESAUCE, PARADISE PUNCH JUICE</u> <b>LUNCH-</b> BREADED CHICKEN TENDERS STEAMED RICE STEAMED CARROTS STEAMED EDAMAME APPLE CHIPS, MIXED FRUITS</p>	<p><b>21</b></p> <p><u>BREAKFAST PIZZA</u> <u>FRESH FRUIT, APPLE CHIPS</u> <b>LUNCH-</b> ROAST TURKEY W/GRAVY MASH POTATO ROLL, BABY CARROTS PINE CHUNKS, DICED PEARS</p>
<p><b>24</b></p> <p><u>FRUITED MUFFIN W/TURKEY HAM</u> GRAPE JUICE, PEACHES <b>LUNCH-</b> CHEESE BITES VEGGIE STICKS MARINARA SAUCE CUPS CONCORD GRAPE SLUSHIE FRESH FRUIT</p>	<p><b>25</b></p> <p><u>PLAIN BAGEL W/CREAM CHEESE</u> FRESH FRUIT, DICED PEARS <b>LUNCH-</b> SPAGHETTI W/MEAT SAUCE GREEN SALAD, EDAMAME APLLESAUCE, SLICED PEACHES FRENCH BREAD</p>	<p><b>26</b></p> <p><u>COUNTRY GRAVY PIZZA</u> <u>PINE CHUNKS, CRAISINS</u> <b>LUNCH-</b> CHICKEN MOZZARELLA SANDWICH EMOTICON POTATOES MARINARA SAUCE CUPS FRESH FRUIT MIXED FRUIT</p>	<p><b>27</b></p> <p><u>CHICKEN PATTY W/RICE</u> MIXED FRUITS, <u>FRUIT PUNCH</u> <b>LUNCH-</b> BEEF PATTY W/GRAVY STEAMED RICE, WG ROLL STEAMED CARROTS, STEAMED CORN SLICED PEACHES, PINE CHUNKS</p>	<p><b>28</b></p> <p><u>CEREAL W/TOAST</u> <u>APPLESACUE/FRESH FRUIT</u> <b>LUNCH-</b> ASIAN CHICKEN, WG ROLL STEAMED RICE, GREEN SALAD BABY CARROTS, CELERY CRAN &amp; RAZZ JUICE, FRESH FRUIT</p>
<p><b>31</b></p> <p><u>CHEESE STUFFED STICKS</u> FRUIT PUNCH JUICE, MARINARA SAUCE <b>LUNCH-</b> CHEESE PIZZA GREEN SALAD BABY CARROTS CRAISINS FRESH FRUIT</p>				

MENU SUBJECT TO CHANGE  
WITH OUT NOTICE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

1/2 pint milk served with meal