

WAIANAE HIGH CAFÉ

BREAKFAST AND LUNCH

MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRENCH TOAST STICKS W/SYRUP 2 POWER PUNCH JUICE, PINE CHUNKS LUNCH- TASTY CHICKEN TENDERS, ROLL STEAMED RICE, GREEN SALAD VEGGIE STICKS APPLESAUCE PINE CHUNKS	CHICKEN PATTY W/RICE 3 CRAISINS, PEACHES LUNCH- TUNA SANDWICH CORN CHOWDER GREEN SALAD TOMATO WEDGE EDAMAME POG SLUSH, FRESH FRUIT	CEREAL W/TOAST 4 DICED PEARS, FRESH FRUIT LUNCH- BEEF CHILI NACHOS STEAMED BROCCOLI STEAMED CORN GRAPE JUICE MIXED FRUIT	PIZZA BAGEL 5 MIXED FRUIT, GRAPE JUICE LUNCH- CHEESE BURGER TATER TOTS COLE SLAW BAKED BEANS MIXED FRUIT, FRESH FRUIT	COFFEE CAKE W/TURKEY HAM 6 FRESH FRUIT, APPLE CHIPS LUNCH- KALUA PORK W/CABBAGE ROLL, STEAMED RICE DICED TOMATO W/G.ONION PINE CHUNKS SLICED PEACHES
SCHOOL MADE CINN. ROLL 9 FRUIT PUNCH JUICE, DICED PEARS LUNCH- MAC & CHEESE ASIAN SLAW, BABY CARROTS BAKED BEANS, ROLL FRESH FRUIT SLICED PEACHES	PORTUGUESE SAUSAGE W/RICE 7 FRESH FRUIT, PINECHUNKS LUNCH- PEPPERONI PIZZA GREEN SALAD, VEGGIE STICKS, HUMMUS FRUIT PUNCH JUICE FRESH FRUIT	MINI PANCAKES 8 MIXED FRUITS, CRAISINS LUNCH- SLOPPY JOE WEDGE FRIES GREEN SALAD POG SLUSHIE FRESH FRUIT	CEREAL W/TOAST 9 APPLESAUCE, PARADISE PUNCH JUICE LUNCH- BREADED CHICKEN TENDERS STEAMED RICE STEAMED CARROTS STEAMED EDAMAME APPLE CHIPS, MIXED FRUITS	BREAKFAST PIZZA 10 FRESH FRUIT, APPLE CHIPS LUNCH- ROAST TURKEY W/GRAVY MASH POTATO ROLL, BABY CARROTS PINE CHUNKS, DICED PEARS
FRUITED MUFFIN W/TURKEY HAM 16 GRAPE JUICE, PEACHES LUNCH- CHEESE BITES VEGGIE STICKS MARINARA SAUCE CUPS CONCORD GRAPE SLUSHIE FRESH FRUIT	PLAIN BAGEL W/CREAM CHEESE 17 FRESH FRUIT, DICED PEARS LUNCH- SPAGHETTI W/MEAT SAUCE GREEN SALAD, EDAMAME APPLESAUCE, SLICED PEACHES FRENCH BREAD	COUNTRY GRAVY PIZZA 18 PINE CHUNKS, CRAISINS LUNCH- CHICKEN MOZZARELLA SANDWICH EMOTICON POTATOES MARINARA SAUCE CUPS FRESH FRUIT MIXED FRUIT	CHICKEN PATTY W/RICE 19 MIXED FRUITS, FRUIT PUNCH LUNCH- BEEF PATTY W/GRAVY STEAMED RICE, WG ROLL STEAMED CARROTS, STEAMED CORN SLICED PEACHES, PINE CHUNKS	CEREAL W/TOAST 20 APPLESACUE/FRESH FRUIT LUNCH- ASIAN CHICKEN, WG ROLL STEAMED RICE, GREEN SALAD BABY CARROTS, CELERY CRAN & RAZZ JUICE, FRESH FRUIT
CHEESE STUFFED STICKS 23 FRUIT PUNCH JUICE, MARINARA SAUCE LUNCH- CHEESE PIZZA GREEN SALAD BABY CARROTS CRAISINS FRESH FRUIT	SCHOOL MADE CINN. ROLL 24 APPLE CHIPS, FRESH FRUIT LUNCH- HOT DOG ON BUN TATER TOTS BABY CARROTS, VEGGIES STICKS PINE CHUNKS, DICED PEARS	PORTUGUESE SAUSAGE, RICE 25 APPLESAUCE, CRAISINS LUNCH- ROAST PORK W/ GRAVY STEAMED CARROTS STEAMED RICE, ROLL STRAWBERRY KIWI JUICE FRESH FRUIT	BELGIAN WAFFLES 26 FRESH FRUIT, MIXED FRUIT LUNCH- FISH SANDWICH WEDGE FRIES, VEGGIE STICKS BAKED BEANS GRAPE SLUSHY DICED PEARS	ENJOY YOUR SUMMER 27 BREAK
30 MEMORIAL DAY	31			

MENU SUBJECT TO CHANGE
WITH OUT NOTICE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

1/2 pint milk served with meal