

WAIANAE HIGH SCHOOL

BREAKFAST AND LUNCH

SEPT 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>MINI PANCAKES</u> MIXED FRUITS,CRAISINS LUNCH- SLOPPY JOE WEDGE FRIES GREEN SALAD POG SLUSHIE FRESH FRUIT	<u>CEREAL W/TOAST</u> APPLESAUCE,PARADISE PUNCH JUICE LUNCH- BREADED CHICKEN TENDERS STEAMED RICE STEAMED CARROTS STEAMED EDAMAME APPLE CHIPS,MIXED FRUITS	<u>BREAKFAST PIZZA</u> FRESH FRUIT,APPLE CHIPS LUNCH- ROAST TURKEY W/GRAVY MASH POTATO ROLL ,BABY CARROTS PINE CHUNKS,DICED PEARS
NO SCHOOL	<u>FRUITED MUFFIN W/TURKEY HAM</u> GRAPE JUICE,PEACHES LUNCH- CHEESE BITES VEGGIE STICKS MARINARA SAUCE CUPS CONCORD GRAPE SLUSHIE FRESH FRUIT	<u>COUNTRY GRAVY PIZZA</u> <u>PINE CHUNKS,CRAISINS</u> LUNCH- CHICKEN MOZZARELLA SANDWICH EMOTICON POTATOES MARINARA SAUCE CUPS FRESH FRUIT MIXED FRUIT	<u>CHICKEN PATTY W/RICE</u> <u>MIXED FRUITS,FRUIT PUNCH</u> LUNCH- BEEF PATTY W/GRAVY STEAMED RICE,WG ROLL STEAMED CARROTS,STEAMED CORN SLICED PEACHES,PINE CHUNKS	<u>PLAIN BAGEL W/CREAM CHEESE</u> FRESH FRUIT,DICED PEARS LUNCH- SPAGHETTI W/MEAT SAUCE GREEN SALAD,EDAMAME APPLSAUCE,SLICED PEACHES FRENCH BREAD
<u>CHEESE STUFFED STICKS</u> FRUIT PUNCH JUICE,MARINARA SAUCE LUNCH- CHEESE PIZZA GREEN SALAD BABY CARROTS CRAISINS FRESH FRUIT	<u>BELGIAN WAFFLES</u> FRESH FRUIT,MIXED FRUIT LUNCH- FISH SANDWICH WEDGE FRIES,VEGGIE STICKS BAKED BEANS GRAPE SLUSHY DICED PEARS	<u>CEREAL W/TOAST</u> <u>PEACHES,GRAPE JUICE</u> LUNCH- SLOPPY JOE WEDGE FRIES GREEN SALAD POG SLUSHIE FRESH FRUIT	<u>PORTUGESE SAUSAGE ,RICE</u> <u>APPLESAUCE,CRAISINS</u> LUNCH- ROAST PORK W/ GRAVY STEAMED RICE,ROLL STEAMED CARROTS STRAWBERRY KIWI JUICE FRESH FRUIT	<u>SCHOOL MADE CINN.ROLL</u> <u>APPLE CHIPS,FRESH FRUIT</u> LUNCH- HOT DOG ON BUN TATER TOTS BABY CARROTS,VEGGIES STICKS PINE CHUNKS,DICED PEARS
<u>FRENCH TOAST STICKS W/SYRUP</u> POWER PUNCH JUICE,PINE CHUNKS LUNCH- TASTY CHICKEN TENDERS,ROLL STEAMED RICE,GREEN SALAD VEGGIE STICKS APPLESAUCE PINE CHUNKS	<u>CHICKEN PATTY W/RICE</u> CRAISINS,PEACHES LUNCH- TUNA SANDWICH CORN CHOWDER GREEN SALAD TOMATO WEDGE EDAMAME POG SLUSH,FRESH FRUIT	<u>CEREAL W/TOAST</u> DICED PEARS,FRESH FRUIT LUNCH- BEEF CHILI NACHOS STEAMED BROCCOLI STEAMED CORN GRAPE JUICE MIXED FRUIT	<u>PIZZA BAGEL</u> <u>MIXED FRUIT,GRAPE JUICE</u> LUNCH- CHEESE BURGER TATER TOTS COLE SLAW BAKED BEANS MIXED FRUIT,FRESH FRUIT	<u>COFFEE CAKE W/TURKEY HAM</u> <u>FRESH FRUIT,APPLE CHIPS</u> LUNCH- KALUA PORK W/CABBAGE ROLL,STEAMED RCIE DICED TOMATO W/G.ONION PINE CHUNKS SLICED PEACHES
<u>SCHOOL MADE CINN. ROLL</u> 27 FRUIT PUNCH JUICE,DICED PEARS LUNCH- MAC & CHEESE ASIAN SLAW,BABY CARROTS BAKED BEANS,ROLL FRESH FRUIT SLICED PEACHES	<u>PORTUGESE SAUSAGE W/RICE</u> 28 FRESH FRUIT,PINECHUNKS LUNCH- PEPPERONI PIZZA GREEN SALAD,VEGGIE STICKS, HUMMUS FRUIT PUNCH JUICE FRESH FRUIT	<u>MINI PANCAKES</u> 29 MIXED FRUITS,CRAISINS LUNCH- SLOPPY JOE WEDGE FRIES GREEN SALAD POG SLUSHIE FRESH FRUIT	<u>CEREAL W/TOAST</u> 30 <u>APPLESAUCE,PARADISE PUNCH JUICE</u> LUNCH- BREADED CHICKEN TENDERS STEAMED RICE STEAMED CARROTS STEAMED EDAMAME APPLE CHIPS,MIXED FRUITS	<u>BREAKFAST PIZZA</u> 1 <u>FRESH FRUIT,APPLE CHIPS</u> LUNCH- ROAST TURKEY W/GRAVY MASH POTATO ROLL ,BABY CARROTS PINE CHUNKS,DICED PEARS

MENU SUBJECT TO CHANGE
WITH OUT NOTICE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

1/2 pint milk served with meal