

WAIANAE HIGH SCHOOL

BREAKFAST & LUNCH MENU

NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NO SCHOOL FOR STUDENTS</p>	<p><u>1</u> <u>PLAIN BAGEL W/CREAM CHEESE</u> <u>2</u> FRESH FRUIT,DICED PEARS LUNCH- SPAGHETTI W/MEAT SAUCE GREEN SALAD,EDAMAME APPLSAUCE,SLICED PEACHES FRENCH BREAD</p>	<p><u>FRUITED MUFFIN WTURKEY HAM</u> <u>3</u> <u>GRAPE JUICE,PEACHES</u> LUNCH- CHEESE BITES VEGGIE STICKS MARINARA SAUCE CUPS CONCORD GRAPE JUICE SLUSHIE FRESH FRUIT</p>	<p><u>CHICKEN PATTY W/RICE</u> <u>4</u> <u>MIXED FRUITS,FRUIT PUNCH</u> LUNCH- BEEF PATTY W/GRAVY STEAMED RICE,WG ROLL STEAMED CARROTS,STEAMED CORN SLICED PEACHES,PINE CHUNKS</p>	<p><u>CEREAL W/TOAST</u> <u>5</u> APPLSAUCE ,FRESH FRUIT LUNCH- ASIAN CHICKEN, STEAMED RICE GREEN SALAD,BABY CARROTS CELERY,WG ROLL FRESH FRUIT,CRAN AND RAZ JUICE</p>
<p><u>CHEESE STUFFED STICKS</u> <u>8</u> FRUIT PUNCH JUICE,MARINARA SAUCE LUNCH- CHEESE PIZZA GREEN SALAD BABY CARROTS CRAISINS FRESH FRUIT</p>	<p><u>BELGIAN WAFFLES</u> <u>9</u> FRESH FRUIT,MIXED FRUIT LUNCH- FISH SANDWICH WEDGE FRIES,VEGGIE STICKS BAKED BEANS GRAPE SLUSHY DICED PEARS</p>	<p><u>CEREAL W/TOAST</u> <u>10</u> <u>PEACHES,GRAPE JUICE</u> LUNCH- CREOLE MAC COLE SLAW,STEAMED CORN STEAMED EDAMAME,WG ROLL MIXED FRUITS FRESH FRUIT</p>	<p><u>11</u> VETERAN'S DAY</p>	<p><u>SCHOOL MADE CINN.ROLL</u> <u>12</u> <u>APPLE CHIPS,FRESH FRUIT</u> LUNCH- HOT DOG ON BUN TATER TOTS BABY CARROTS,VEGGIES STICKS PINE CHUNKS,DICED PEARS</p>
<p><u>FRENCH TOAST STICKS W/SYRUP</u> <u>15</u> POWER PUNCH JUICE,PINE CHUNKS LUNCH- TASTY CHICKEN TENDERS,ROLL STEAMED RICE,GREEN SALAD VEGGIE STICKS APPLSAUCE PINE CHUNKS</p>	<p><u>CHICKEN PATTY W/RICE</u> <u>16</u> CRAISINS,PEACHES LUNCH- TUNA SANDWICH CORN CHOWDER GREEN SALAD TOMATO WEDGE EDAMAME POG SLUSH,FRESH FRUIT</p>	<p><u>CEREAL W/TOAST</u> <u>17</u> DICED PEARS,FRESH FRUIT LUNCH- BEEF CHILI NACHOS STEAMED BROCCOLI STEAMED CORN GRAPE JUICE MIXED FRUIT</p>	<p><u>PIZZA BAGEL</u> <u>18</u> <u>MIXED FRUIT,GRAPE JUICE</u> LUNCH- CHEESE BURGER TATER TOTS COLE SLAW BAKED BEANS MIXED FRUIT,FRESH FRUIT</p>	<p><u>COFFEE CAKE W/TURKEY HAM</u> <u>19</u> <u>FRESH FRUIT,APPLE CHIPS</u> LUNCH- KALUA PORK W/CABBAGE ROLL,STEAMED RCIE DICED TOMATO W/G.ONION PINE CHUNKS SLICED PEACHES</p>
<p><u>SCHOOL MADE CINN. ROLL</u> <u>22</u> FRUIT PUNCH JUICE,DICED PEARS LUNCH- MAC & CHEESE ASIAN SLAW,BABY CARROTS BAKED BEANS,ROLL FRESH FRUIT SLICED PEACHES</p>	<p><u>PORTUGESE SAUSAGE W/RICE</u> <u>23</u> FRESH FRUIT,PINECHUNKS LUNCH- PEPPERONI PIZZA GREEN SALAD,VEGGIE STICKS, HUMMUS FRUIT PUNCH JUICE FRESH FRUIT</p>	<p><u>BREAKFAST PIZZA</u> <u>26</u> <u>FRESH FRUIT,APPLE CHIPS</u> LUNCH- ROAST TURKEY W/GRAVY MASH POTATO ROLL ,BABY CARROTS PINE CHUNKS,DICED PEARS</p>	<p><u>25</u> Thanksgiving day</p>	<p><u>26</u> NO SCHOOL</p>
<p><u>FRUITED MUFFIN WTURKEY HAM</u> <u>29</u> <u>GRAPE JUICE,PEACHES</u> LUNCH- CHEESE BITES VEGGIE STICKS MARINARA SAUCE CUPS CONCORD GRAPE JUICE SLUSHIE FRESH FRUIT</p>	<p><u>PLAIN BAGEL W/CREAM CHEESE</u> <u>30</u> <u>FRESH FRUIT,DICED PEARS</u> LUNCH- SPAGHETTI W/MEAT SAUCE GREEN SALAD,EDAMAME APPLSAUCE,SLICED PEACHES FRENCH BREAD</p>			

MENU SUBJECT TO CHANGE

1/2 pint milk served with meal