

WAIANAE HIGH SCHOOL

BREAKFAST AND LUNCH

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<u>BREAKFAST PIZZA</u> 1 FRESH FRUIT, APPLE CHIPS LUNCH- ROAST TURKEY W / GRAVY MASH POTATO, WG ROLL BABY CARROTS DICED PEARS AND PINE CHUNKS
FRUITED MUFFIN W/TURKEY HAM 4 GRAPE JUICE, PEACHES LUNCH- CHEESE BITES VEGGIE STICKS MARINARA SAUCE CUPS CONCORD GRAPE SLUSHIE FRESH FRUIT	PLAIN BAGEL W/CREAM CHEESE 8 FRESH FRUIT, DICED PEARS LUNCH- SPAGHETTI W/MEAT SAUCE GREEN SALAD, EDAMAME APPLSAUCE, SLICED PEACHES FRENCH BREAD	COUNTRY GRAVY PIZZA 6 PINE CHUNKS, CRAISINS LUNCH- CHICKEN MOZZARELLA SANDWICH EMOTICON POTATOES MARINARA SAUCE CUPS FRESH FRUIT MIXED FRUIT	CHICKEN PATTY W/RICE 7 MIXED FRUITS, FRUIT PUNCH LUNCH- BEEF PATTY W/GRAVY STEAMED RICE, WG ROLL STEAMED CARROTS, STEAMED CORN SLICED PEACHES, PINE CHUNKS	CEREAL W/TOAST 8 APPLESACUE/FRESH FRUIT LUNCH- ASIAN CHICKEN, WG ROLL STEAMED RICE, GREEN SALAD BABY CARROTS, CELERY CRAN & RAZZ JUICE, FRESH FRUIT
NO SCHOOL 11	THIS WEEK 12	ENJOY YOUR BREAK 13	BE SAFE 14	NO SCHOOL 15
FRENCH TOAST STICKS W/SYRUP 18 POWER PUNCH JUICE, PINE CHUNKS LUNCH- TASTY CHICKEN TENDERS, ROLL STEAMED RICE, GREEN SALAD VEGGIE STICKS APPLESACUE PINE CHUNKS	CHICKEN PATTY W/RICE 19 CRAISINS, PEACHES LUNCH- TUNA SANDWICH CORN CHOWDER GREEN SALAD TOMATO WEDGE EDAMAME POG SLUSH, FRESH FRUIT	CEREAL W/TOAST 20 DICED PEARS, FRESH FRUIT LUNCH- BEEF CHILI NACHOS STEAMED BROCCOLI STEAMED CORN GRAPE JUICE MIXED FRUIT	PIZZA BAGEL 21 MIXED FRUIT, GRAPE JUICE LUNCH- CHEESE BURGER TATER TOTS COLE SLAW BAKED BEANS MIXED FRUIT, FRESH FRUIT	COFFEE CAKE W/TURKEY HAM 22 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 27 FRUIT PUNCH JUICE, DICED PEARS LUNCH- MAC & CHEESE ASIAN SLAW, BABY CARROTS BAKED BEANS, ROLL FRESH FRUIT SLICED PEACHES	PORTUGUESE SAUSAGE W/RICE 28 FRESH FRUIT, PINECHUNKS LUNCH- PEPPERONI PIZZA GREEN SALAD, VEGGIE STICKS, HUMMUS FRUIT PUNCH JUICE FRESH FRUIT	MINI PANCAKES 29 MIXED FRUITS, CRAISINS LUNCH- SLOPPY JOE WEDGE FRIES GREEN SALAD POG SLUSHIE FRESH FRUIT	CEREAL W/TOAST 30 APPLESACUE, PARADISE PUNCH JUICE LUNCH- BREADED CHICKEN TENDERS STEAMED RICE STEAMED CARROTS STEAMED EDAMAME APPLE CHIPS, MIXED FRUITS	BREAKFAST PIZZA 1 FRESH FRUIT, APPLE CHIPS 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