

WAIANAE HIGH SCHOOL

BREAKFAST & LUNCH MENU

SEPTEMBER 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			country breakfast scrambled, s.rice 1 <u>apple sauce, paradise punch</u> lunch asian chicken, w/ brown gravy steamed rice, broccoli baked beans, apple chips mixed fruits	breakfast pizza 2 fresh fruit, apple chips lunch tuna sandwich, chicken noodle soup veggie sticks, fresh fruit mixed fruit
NO SCHOOL 5	plain bagel w/cream cheese 6 fresh fruit, diced pears LUNCH- cheese bites veggie sticks, marinara sauce cup, cocord berry slush fresh fruit	country gravy pizza 7 pine chunks, craisins lunch teri burger potato wedge lettuce, tomato slice fresh fruit, mixed fruit	pork sausage patty, s.rice 8 <u>mixed fruit, fruit punch</u> lunch breaded chicken tenders steamed rice, steamed corn edamame, roll sliced peaches, pine chunks	cereal w/toast 9 <u>applesauce, fresh fruit</u> lunch roast turkey mash potato, roll zucchini sticks, steamed carrots diced pear, mixed fruits
<u>cheese sticks</u> 12 marinara sauce, sliced peaches lunch cheese pizza green salad, baby carrots fresh fruit, pine chunks	<u>belgian waffle</u> 13 fresh fruit, mixed fruit lunch fish sandwich, wedge fries veggie sticks, baked beans white grape peach slushie diced pears	<u>yoqurt w/granola</u> 14 pears, fresh fruit lunch spaghetti w/meat sauce greensalad, cucumber steamed edamame fresh fruit, french bread mixed fruit	<u>portugese sausage, s.rice</u> 15 <u>applesauce, craisins</u> lunch roast pork w/gravy, steamed rice stesmed broccoli, baby carrots cran razz juice, fresh fruit wg, roll	NO SCHOOL 16
<u>french toast sticks</u> 19 apple chips, pine chunks lunch tasty tenders steamed rice, wg roll veggie sticks edamame, baby carrots apple chips, pine chunks	<u>breaded chicken patty, rice</u> 20 fresh fruit, sliced peaches lunch chicken sandwich emotional potatoes tomato slice, lettuce edamame fresh fruit, pears	<u>cereal w/toast</u> 21 diced pears, fresh fruit lunch beef chili nachos greensalad, salsa strawberry kiwi juice mixed fruit	<u>pizza bagel</u> 22 <u>mixed fruit, grape juice</u> lunch beef patty w/gravy steamed rice, wg roll steamed corn, broccoli fresh fruit pine chunks	<u>coffee cake w/pork patty</u> 23 <u>fresh fruit, apple chips</u> lunch kalua pork w/ cabbage, rice diced tomato w/g.onion pine chunks, peaches wg.roll
<u>school made cinn.roll,</u> 26 fresh fruit, diced pears lunch mac & cheese baby carrots, edamame fresh fruit, sliced peaches roll	<u>portuguese sausage, s.rice</u> 27 fresh fruit, pine chunks lunch pepperoni pizza veggie sticks, steamed corn fresh fruit, fruit punch juice	<u>mini pancakes</u> 28 <u>mixed fruits, grape juice</u> lunch beef curry steamed rice, steamed corn broccoli, pog slushie fresh fruit, roll	<u>country breakfast scrambled, s.rice</u> 29 <u>apple sauce, paradise punch</u> lunch asian chicken, w/ brown gravy steamed rice, broccoli baked beans, apple chips mixed fruits	breakfast pizza 30 fresh fruit, apple chips lunch tuna sandwich, chicken noodle soup veggie sticks, fresh fruit mixed fruit

MENU SUBJECT TO CHANGE
WITH OUT NOTICE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

1/2 pint milk served with meal