

OCTOBER 2019 LIHOLIHO BREAKFAST & LUNCH MENU

ALL MENUS SUBJECT TO CHANGES WITHOUT NOTICE

1/2 PINT MILK WITH ALL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
FALL BREAK (No School for Students)	FALL BREAK (No School for Students)	FALL BREAK (No School for Students)	FALL BREAK (No School for Students)	FALL BREAK (No School for Students)
14 MAPLE PANCAKE WRAP ORANGE WEDGE FRUIT JUICE CORNDOG & OVEN POTATOES VEGETABLE STICKS w/ HUMMUS FRUIT	15 HAM LINKS STEAMED RICE MIXED FRUIT APPLE WEDGE CHICKEN TENDERS & STEAMED RICE SPINACH & ROMAINE SALAD FRUIT	16 YOGURT CINNAMON TOAST PINEAPPLE CHUNKS ORANGE WEDGE HAMBURGER CURRY & STEAMED RICE w/ GRAVY STEAMED BROCCOLI & CARROTS APPLE WEDGE	17 PORK LINK SAUSAGE STEAMED RICE PEACHES APPLE WEDGE PEPPERONI PIZZA & FRUIT VEGETABLE STICKS w/ DIP EDAMAME FRUIT	18 BELGIAN WAFFLE w/ SYRUP FRUIT COCKTAIL FRUIT JUICE CHILI & STEAMED RICE CORN FRUIT
21 PIZZA STICK FRUIT COCKTAIL APPLE WEDGE CHICKEN PATTY SANDWICH & FRUIT VEGETABLE STICKS w/ DIP BAKED BEANS	22 FRIED RICE PORTUGUESE SAUSAGE ORANGE WEDGE FRUIT JUICE HOT DOG IN BUN w/ OVEN POTATOES VEGETABLE STICKS w/ DIP FRUIT SLUSHY	23 CINNAMON ROLL ORANGE WEDGE FRUIT JUICE BEEF STEW & STEAMED RICE STEAMED BROCCOLI & CORN FRUIT	24 APPLE SAUCE MUFFIN APPLE WEDGE FRUIT JUICE ASIAN STYLE CHICKEN & RICE w/ FRUIT SPINACH & ROMAINE SALAD EDAMAME BABY CARROT	25 HAM & CHEESE ROLL PEACHES APPLE WEDGE ROAST PORK & STEAMED RICE w/ FRUIT RAINBOW SALAD CORN
28 PIZZA STICK PINEAPPLE ORANGE WEDGE BBQ PORK SANDWICH w/ OVEN POTATOES COLESLAW FRUIT	29 PORK SAUSAGE PATTY STEAMED RICE APPLE WEDGE PEACHES ASIAN STYLE CHICKEN & RICE w/ APPLE WEDGE STEAMED CARROTS & EDAMAME	30 HAM LINKS BISCUIT ORANGE WEDGE FRUIT JUICE HAMBURGER STEAK w/ GRAVY & WHIPPED POTATOES STEAMED CARROTS & CORN FRUIT	31 FRIED RICE PORTUGUESE SAUSAGE APPLE WEDGE FRUIT JUICE CHEESE PIZZA & FRUIT SPINACH & ROMAINE SALAD VEGETABLE STICKS w/ DIP	START YOUR DAY WITH A 

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"