

Moanalua Middle School

February 2019 Breakfast

Note: Menus subject to change without notice. All meals include 1/2 pt. milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 B: School Made Cinnamon Roll or Cereal & W/G Toast Pineapple Chunks Orange Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
4 B: Pepperoni Pizza Stix or Cereal & W/G Toast Orange Wedge 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	5 B: Frankfurter and Steamed Rice or Cereal & W/G Toast Peaches 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	6 B: Breakfast Smoothie and School Made Cinnamon Toast or Cereal & W/G Toast Papaya Slice Apple Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	7 B: Fried Rice and Eggs or Cereal & W/G Toast Mixed Fruits 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	8 B: Cinnamon Toast and Ham Links or Cereal & W/G Toast Pine Chunks Cranberries Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
11 TEACHER INSTITUTE DAY NO SCHOOL 	12 B: Breakfast Quesidilla or Cereal & W/G Toast Orange Wedge 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	13 B: Plain Bagel with Cream Cheese or Cereal & W/G Toast Pine Chunks 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	14 B: Greek Yogurt and WG Cheese Toast or Cereal & W/G Toast Papaya & Pineapple Fruit Mix 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	15 B: Breakfast Smoothie and School Made Cinnamon Toast or Cereal & W/G Toast Mixed Fruits Dried Cranberries Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
	19 B: Belgium Waffles with Syrup or Cereal & W/G Toast Mixed Fruits 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	20 B: Breakfast Pork Patty with Biscuit and Gravy or Cereal & W/G Toast Peaches Cranberries Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	21 B: Pancakes with Syrup or Cereal & W/G Toast Apple Wedge 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	22 B: Breakfast Quesidilla or Cereal & W/G Toast Pineapple Chunks Orange Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
25 B: Pepperoni Pizza Stix or Cereal & W/G Toast Orange Wedge 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	26 B: Frankfurter and Steamed Rice or Cereal & W/G Toast Peaches 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	27 B: Breakfast Smoothie and School Made Cinnamon Toast or Cereal & W/G Toast Papaya Slice Apple Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	28 B: School Made Breakfast Cake or Cereal & W/G Toast Mixed Fruits 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	

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February 2019 Lunch

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 A: & B: Creole Macaroni with WG French Roll House Salad Fruit Slushy Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
4 A: & B: Hot Dog in a Bun Baked Beans Rainbow Salad Fruit Slushy Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	5 A: & B: Fried Saimen and Egg Roll House Salad Slice Tomato Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	6 A: & B: Breaded Chix Tenders Steamed Rice Pickled Cabbage Broccoli & Carrots Apple Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	7 A: & B: School Made Chili with Cheese and WG Roll Potato Wedge Celery & Carrot Sticks, Broccoli Orange Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	8 A: & B: Pepperoni Pizza Coleslaw Broccoli / Baby Carrots Pineapple Chunks Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
11 TEACHER INSTITUTE DAY NO SCHOOL 	12 A: & B: Chicken Patty on on WG Bun & Curly Fries Lettuce Leaf Tomato Slice Orange Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	13 A: & B: Turkey Pastrami Sandwich House Salad Baby Carrots Diced Pears Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	14 A: & B: Teri Cheese Burger Baked Beans House Salad Baby Carrots Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	15 A: & B: Roast Pork and Gravy Steamed Rice Veggie Juice Lomi Tomato Tropical Pineapple Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
	19 A: & B: Cheesy Chili Tots and Biscuit Celery & Carrot Sticks, Broccoli Apple Wedge Shortbread Cookie Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	20 A: & B: Vegetarian Pizza House Salad Mixed Fruits Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	21 A: & B: BBQ Pork Patty Sandwich Potato Wedge House Salad Fruit Slushy Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	22 A: & B: Chili Dog with Steamed Rice Corn, Carrot & Edamame Hummus, Baby Carrots Pineapple Chunks Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
25 A: & B: Popcorn Chicken Steamed Rice Baked Beans Rainbow Salad Fruit Slushy Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	26 A: & B: Nachos w/Beef & Cheese House Salad Slice Tomato Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	27 A: & B: Tasty Chicken Tenders Steamed Rice Pickled Cabbage Broccoli & Carrots Apple Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	28 A: & B: Cheeseburger Potato Wedge Celery & Carrot Sticks, Broccoli Orange Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	
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