

Moanalua Middle School

MARCH 2019 BREAKFAST

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 B: Turkey Ham & Cheese on WG Bun or Cereal & WG Toast Pine Chunks Cranberries Choice of : 1% Fat Free Milk or Fat Free Skim Chocolate
4 B: Pizza Bagel or Cereal & WG Toast Mixed Fruits Dried Cranberries  Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	5 B: WG Waffles or Cereal & WG Toast Strawberries 100% Fruit Juice  Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	6 B: Egglette w/WG Toast or Cereal & WG Toast Papaya & Pine Chunk Fruit Mix 100% Fruit Juice  Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	7 B: Portuguese Sausage & Steamed Rice or Cereal & WG Toast Peaches 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	8 B: School Made Applesauce Muffin or Cereal & WG Toast Pine Chunks 100% Fruit Juice  Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
11 B: Maple Pancake Wrap or Cereal & WG Toast Peaches Cranberries  Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	12 B: School Made Fruit Bread or Cereal & WG Toast Pineapple Chunks 100% Fruit Juice  Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	13 B: Breakfast Chicken Patty and Steamed Rice or Cereal & WG Toast Mixed Fruits 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	14 B: School Made Cinnamon Roll or Cereal & WG Toast Pineapple Chunks Orange Wedge  Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	15 B: Portuguese Sausage and Steamed Rice or Cereal & WG Toast Papaya Slice 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk



25 B: Pepperoni Pizza Stix or Cereal & WG Toast Orange Wedge 100% Fruit Juice  Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	<p>Prince Kuhio Day</p>	27 B: Breakfast Smoothie and Cinnamon Toast or Cereal & WG Toast Pineapple Chunks Apple Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	28 B: Frankfurter & Steamed Rice or Cereal & WG Toast Peaches 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	29 B: School Made Breakfast Cake and Pork Sausage Links or Cereal & WG Toast Mixed Fruits 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
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Moanalua Middle School

MARCH 2019 LUNCH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 A: & B: Turkey and Gravy w/Rice and WG Roll Cole slaw Broccoli Florets & Baby Carrots Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
4 A: & B: Corndog Baked Beans House Salad Baby Carrots 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	5 A: & B: Tuna Dip & Chips Curly Fries Lettuce Leaf Tomato Slice Orange Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	6 A: & B: Baja Fish Taco with Asian Cole Slaw Corn, Edamame & Carrots Apple Wedge Fruited Muffin Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	7 A: & B: Pasta Florentine WG French Roll House Salad Baby Carrots Peaches Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	8 A: & B: Kalua Pork & Cabbage Steamed Rice Lomi Tomato Tropical Pineapple Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
11 A: & B: Tuna Melt Sandwich Potato Wedge House Salad Fruit Slushy Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	12 A: & B: Sloppy Joe on WG Bun Tater Tots Celery & Carrot Sticks, Broccoli Apple Wedge Short Bread Cookie Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	13 A: & B: Breaded Chicken Strips Steamed Rice House Salad Mixed Fruits Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	14 A: & B: Chili Franks Steamed Rice Corn, Carrots & Edamame Baby Carrots Pineapple Chunks Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	15 A: & B: Hot Turkey Sandwich w/Gravy and Mashed Potato Corn Orange Wedge WG Roll Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk



25 A: & B: Fish Wedge Steamed Rice Baked Beans Rainbow Salad Fruit Slushy Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	<p>Prince Kuhio Day</p>	27 A: & B: Tasty Golden Chix 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	29 A: & B: Asian Style Chicken Steamed Rice & WG Roll Coleslaw Broccoli Florets & Baby Carrots Peaches Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
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