

All meals include a choice of half-pint White 1% or Choc. Skim milk

# August 2019

All Menus Subject to Change without notice

| MONDAY |   | TUESDAY |   | WEDNESDAY |  | THURSDAY |  | FRIDAY |  |
|--------|---|---------|---|-----------|--|----------|--|--------|--|
| B      |   | B       |   | B         |  | B        |  | B      |  |
| L      |   | L       |   | L         |  | L        |  | L      |  |
| 5      | 5   | 6       | 6   | 7         | 7  | 8        | 8  | 9      | 9  |
| B      | PEPPERONI PIZZA STIX<br>PEACHES<br>ORANGE WEDGES                            | B       | FRUIT MUFFIN<br>FRESH FRUIT<br>ORANGE JUICE   | B         | HAM LINK IN BUN<br>FRESH FRUIT<br>APPLE JUICE                                | B        | PORK SAUSAGE PATTY<br>STEAMED RICE, FRESH FRUIT<br>PINEAPPLE CHUNKS          | B      | FRIED RICE, PORTUGUESE<br>SAUSAGE, FRESH FRUIT<br>GRAPE JUICE                                |
| L      | HAMBURGER STEAK W/GRAVY<br>STEAMED RICE, HOT CORN &<br>CARROTS, FRESH FRUIT | L       | BBQ PORK SANDWICH<br>POTATO WEDGES, COLESLAW<br>PINEAPPLE CHUNKS                          | L         | VEGETARIAN PIZZA, SPINACH<br>ROMAINE SALAD, VEGGIE STICK<br>MIXED FRUIT      | L        | SWEET & SOUR PORK<br>STEAMED RICE, RAINBOW SALAD<br>EDAMAME, GRAPE JUICE     | L      | OVEN BAKED CHICKEN W/GRAVY<br>WHIPPED POTATOES, STEAMED<br>CARROTS & EDAMAME<br>APPLE WEDGES |
| 6      | 12  | 13      | 13  | 14        | 14   | 15       | 15   | 16     | 16   |
| B      | PLAIN BAGEL W/CREAM CHEESE<br>ORANGE WEDGES<br>APPLE JUICE                  | B       | PIZZA BAGEL<br>MIXED FRUIT<br>APPLE WEDGES  | B         | BREAKFAST CHICKEN PATTY<br>W/GRAVY, BISCUIT, GRAPE<br>JUICE, FRESH FRUIT     | B        | PORTUGUESE SAUSAGE<br>RICE, APPLESAUCE<br>FRESH FRUIT                        | B      | <b>HAWAII STATEHOOD DAY</b>  |
| L      | CHICKEN PATTY W/GRAVY<br>RICE, STEAMED BROCCOLI &<br>CARROTS, APPLE WEDGES  | L       | TERI BURGER<br>VEGGIE STICK, POTATO<br>WEDGES, ORANGE WEDGES                              | L         | CHICKEN BROCCOLI, RICE<br>STEAMED CORN<br>PEACHES                            | L        | CREOLE MACARONI<br>SPINACH/ROMAINE SALAD<br>VEGGIE STICK<br>PINEAPPLE CHUNKS | L      | <b>HOLIDAY</b>   |
| 1      | 19  | 20      | 20  | 21        | 21   | 22       | 22   | 23     | 23   |
| B      | PEPPERONI PIZZA STIX<br>ORANGE WEDGE<br>APPLE JUICE                         | B       | SOUTHERN PORK LINKS<br>RICE, FRESH FRUIT<br>GRAPE JUICE                                   | B         | GINGERBREAD CAKE<br>YOGURT, APPLE WEDGE<br>ORANGE JUICE                      | B        | PLAIN BAGEL W/CREAM CHEESE<br>PINEAPPLE CHUNKS<br>FRESH FRUIT                | B      | PANCAKES W/ SYRUP<br>PEACHES<br>FRESH FRUIT  |
| L      | CHEESE PIZZA, SPINACH/<br>ROMAINE SALAD, CARROTS<br>EDAMAME, MIXED FRUIT    | L       | SLOPPY JOE<br>VEGGIE STICKS, BAKED<br>BEANS, APPLE WEDGE                                  | L         | CHICKEN PASTA FLORENTINE<br>RAINBOW SALAD<br>ORANGE WEDGE                    | L        | TUNA SANDWICH<br>VEGGIE STICKS, POTATO<br>WEDGES, FRUIT SLUSHY               | L      | CHICKEN TENDERS, RICE<br>STEAMED CORN & BROCCOLI<br>FRESH FRUIT                              |
| 2      | 26  | 27      | 27  | 28        | 28   | 29       | 29   | 30     | 30   |
| B      | PIZZA BAGEL<br>GRAPE JUICE<br>ORANGE WEDGE                                  | B       | CINNAMON RAISIN BAGEL<br>W/ CREAM CHEESE, MIXED FRUIT<br>FRESH FRUIT                      | B         | BREAKFAST CHICKEN PATTY<br>RICE, ORANGE JUICE<br>FRESH FRUIT                 | B        | CRUMB CAKE<br>PINEAPPLE CHUNKS<br>APPLE WEDGES                               | B      | FRUIT YOGURT BOWL W/<br>GRANOLA & TOAST<br>FRESH FRUIT, APPLE JUICE                          |
| L      | TUNA SANDWICH, RAINBOW<br>SALAD, EDAMAME<br>GRAPE JUICE                     | L       | CRISPY NACHOS W/ BEEF &<br>CHEESE, SPINACH/ROMAINE<br>SALAD, VEGGIE STICK<br>ORANGE WEDGE | L         | POPCORN CHICKEN, WHIPPED<br>POTATOES, STEAMED CORN &<br>CARROTS, FRESH FRUIT | L        | KALUA PORK W/CABBAGE<br>RICE, LOMI TOMATO,<br>PINEAPPLE CHUNKS               | L      | HOT TURKEY SANDWICH<br>WHIPPED POTATOES, STEAMED<br>CARROTS & EDAMAME<br>APPLE WEDGES        |

ALL STEAMED RICE IS 100% BROWN RICE

WG= WHOLE GRAIN

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"