

# WAIPAHU HIGH

# BREAKFAST & LUNCH MENU

# MARCH-2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				BRK:PORTUGESE SAUSAGE,RICE <b>1</b> OR YOGURT,WG TOAST,PEACHE, FRUIT JUICE WIKI:KALUA AND SPINACH,RICE,LOMI TOMATO,ROLL,PINE CHUNKS,ORANGE LUNCH:KALUA PORK & CABBAGE,RICE, SWEET ROLL,LOMI TOMATO,PINE CHUNKS,ORANGE
BRK:MAPLE PANCAKE WRAP OR <b>4</b> YOGURT,WG TOAST,PEACHES, CRANBERRIES WIKI:VEGETARIAN PIZZA,SALAD, MIXED FRUITS,PINE CHUNKS LUNCH:BRD.CHICKEN STRIPS,RICE, HOUSE SALAD,MIXED FRUITS, PINE CHUNKS	BRK:APPLESAUE BREAD OR <b>5</b> CEREAL,WG TOAST,PINE CHUNKS, FRUIT JUICE, WIKI BRK-SAME SNACK BAR:CHEESY CHILI TOTS, BISCUIT,V.STICKS,APPLE,F.JUICE LUNCH:BEEF HOT DOG BUN,TATER TOTS, VEGGIE STICKS,APPLE WEDGE,FRUIT JUICE	BRK:BREAKFAST CHICKEN,RICE <b>6</b> OR YOGURT,WG TOAST,MIXED FRUIT FRUIT JUICE WIKI:TUNA MELT SANDWICH,OVEN FRIES,SALAD,F.SLUSHY,ORANGE LUNCH:CREOLE MACARONI,FRENCH ROLL HOUSE SALAD,FRUIT SLUSHY, ORANGE	BRK:PORTUGESE SAUSAGE,RICE <b>7</b> OR CEREAL,WG TOAST,MIXED FRUITS, FRUIT JUICE,WIKI BRK.-SAME SNACK BAR:BEEF PATTY,MIXED VEEGI, CARR.,HUMMUS,ROLL,PINE CHUNKS, APPLESAUCE LUNCH:BRD.CHIX NUGGETS,RICE,MIXED VEGGIES,CARR.,PINE CHUNKS,APPLESAUCE	BRK:CINNAMON ROLL OR YOGUR <b>8</b> WG TOAST,PINE CHUNKS,ORANGE WIKI:HOT TURKEY SANDWICH,MASH POTATO,CORN,ORANGE,APPLE LUNCH:BAKED CHIX PASTA,CORN,CARR., EDAMAME,MASH POTATO,ROLL, ORNAGE WEDGE,APPLE WEDGE
BRK: PIZZA STICK, OR YOGURT, <b>11</b> WG TOAST,ORANGE,FRUIT JUICE WIKI:HOT DOG BUN,BAKED BEANS, SALAD,FRUIT SLUSHY,ORANGE, LUNCH:POPCORN CHICKEN,RICE,BAKED BEANS,RAINBOW SALAD,FRUIT SLUSHY, ORANGE	BRK:BREAKFAST SLIDERS, OR <b>12</b> CEREAL, WG TOAST,PEACH,FRUIT JUICE,WIKI BRK.-SAME SNACK BAR:FRIED SAIMIN,WG ROLL, HOUSE SALAD,FRUIT JUICE,PEACHE	BRK: PANCAKE OR YOGURT, <b>13</b> WG TOAST, PINE CHUNKS, APPLE WIKI:PEPPEONI PIZZA,PICKLED CABBAGE, BROCC./CARR.,APPLE,PINE CHUNKS LUNCH:GOLDEN STRIPS,RICE,PICKLED CABBAGE, BROCCOLI & CARROTS, APPLES WEDGE, PINE CHUNKS, WG ROLL	BRK: FRIED RICE & EGG, OR <b>14</b> CEREAL, WG TOAST,MIXED FRUITS, FRUIT JUICE,WIKI BRK-SAME SNACK BAR:BRD.CHIX NUGGETS,RICE, WG ROLL,POTATO WEDGES,VEGGIE STICKS,ORANGES,PEAR LUNCH:CHILI CHEESE WEDGES,ROLL, VEGGIE STICKS,ORANGES,PEARS	BRK:CINNAMON TOAST,HAM LINK, <b>15</b> OR YOGURT,WG TOAST, PINE CHUNK, CRANBERRIES, WIKI:PEPPERONI PIZZA,COLESLAW, BROCC./CARR.,PEACH.PINE CHUNKS LUNCH:TURKEY & GRAVY,RICE,WG ROLL, BROCCOLI FLORETS/BABY CARROTS, PEACHES, PINE CHUNKS
<b>18</b> <b>SPRING BREAK</b> <b>NO SCHOOL</b>	<b>19</b> <b>SPRING BREAK</b> <b>NO SCHOOL</b>	<b>20</b> <b>SPRING BREAK</b> <b>NO SCHOOL</b>	<b>21</b> <b>SPRING BREAK</b> <b>NO SCHOOL</b>	<b>22</b> <b>SPRING BREAK</b> <b>NO SCHOOL</b>
BRK:PORK PATTY,BISCUIT OR <b>25</b> YOGURT,WG TOAST,PEACH,CRANBE WIKI:VEGETARIAN PIZZA,SALAD, MIXED FRUITS,ORANGE LUNCH:BBQ PORK SANDWICH,OVEN FRIES, HOUSE SALAD,MIXED FRUITS,ORANGE	<b>26</b> <b>HOLIDAY</b> <b>KUHIO DAY</b>	BRK:BELGIAN WAFFLE/SYRUP <b>27</b> OR YOGURT,WG TOAST, M.FRUIT, FRUIT JUICE WIKI:TUNA MELT SANDWICH,OVEN FRIES,SALAD,F.SLUSHY,ORANGE LUNCH:BEEF STEW,RICE,WG ROLL, HOUSE SALAD,FRUIT SLUSHY,ORANGE	BRK:CINNAMON FRENCH TOAST <b>28</b> OR CEREAL,WG TOAST,ORANGE FRUIT JUICE,WIKI BRK.-SAME SNACK BAR:VEGGIE PATTY,MIXED VEGGIE,CARR.,HUMMUS,ROLL, PINE CHUNK,ORANGE LUNCH:CHILI FRANK,RICE,ROLL,MIX VEGGIE,CARR.,PINE CHUNKS,ORANGE	BRK:HAM & CHEESE TORTILLA <b>29</b> OR YOGURT,WG TOAST,PINE CHUNKS ORANGE WIKI:HOT TURKEY SANDWICH,MASH POTATO,CORN,ORANGE,APPLE LUNCH:BAKED CHICKEN, MASH POTATO,CORN,WG ROLL, ORANGE WEDGE, APPLE WEDGE

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