

Moanalua Middle School

MAY 2019 BREAKFAST

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 B: Waffles w/Strawberries or Cereal & WG Toast Banana Apple Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	2 B: Schoolmade Breakfast Cake Pork Sausage or Cereal & WG Toast Mixed Fruits 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	3 B: Turkey Ham & Cheese on a Bun or Cereal & WG Toast Pine Chunks Cranberries Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
6 B: Fruit Yogurt Bowl w/ Granola & WG Toast or Cereal & WG Toast Orange Wedge Apple Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	7 B: Breakfast Cake or Cereal & WG Toast Banana Mixed Fruits Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	8 B: Cinnamon Raisin Bagel w/Cream Cheese or Cereal & WG Toast Pine Chunks Apple Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	9 B: Breakfast Chicken Patty with Steamed Rice or Cereal & WG Toast Papaya Orange Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	10 B: Pizza Bagel or Cereal & WG Toast Pear Grape Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
13 B: Maple Pancake Wrap or Cereal & WG Toast Orange Wedge Apple Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	14 B: Fruit Smoothie Cinnamon Toast or Cereal & WG Toast Orange Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	15 B: Ham Links Steamed Rice or Cereal & WG Toast Sliced Peaches Apple Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	16 B: Kalua Quesadilla or Cereal & WG Toast Pineapple Chunks Pear Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	17 B: Belgium Waffle w/Syrup or Cereal & WG Toast Banana Grape Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
20 B: Turkey Egg Sliders or Cereal & WG Toast Pineapple Chunks Pear Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	21 B: Ham & Cheese Roll or Cereal & WG Toast Mixed Fruits Papaya Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	22 B: Cinnamon Roll or Cereal & WG Toast Orange Wedge Apple Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	23 B: Fried Rice Portuguese Sausage or Cereal & WG Toast Apple Wedge Orange Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	24 B: Applesauce Muffin or Cereal & WG Toast Banana Grape Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
27 Memorial Day 	28 B: Papaya Bread or Cereal & WG Toast Pineapple Chunks Orange Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	29 B: Pig in a Blanket or Cereal & WG Toast Orange Wedge Apple Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	30 B: Pork Sausage Patty with Steamed Rice or Cereal & WG Toast Apple Wedge Sliced Peaches Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	31 B: Pepperoni Pizza Stick or Cereal & WG Toast Canned Fruit Fresh Fruit Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 A:&B: Tasty Golden Chix Tenders Rice & Pickled Cabbage Broccoli & Carrots Apple Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	2 A: & B: Cheeseburger Potato Wedge Celery & Carrot Sticks, Broccoli Orange Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	3 A:&B: Pepperoni Pizza Coleslaw Broccoli Florets & Baby Carrots Pineapple Chunks Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
6 A:&B: Chicken Patty on WG Bun Curly Fries Lettuce Leaf Tomato Slice Applesauce Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	7 A:&B: Popcorn Chicken & Mash Corn,Carrot & Edamame Apple Wedge Fruited Muffin 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	9 A:&B: Turkey Pastrami Sandwich House Salad Baby Carrots Diced Pears Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	10 A: & B: Cheese Pizza Baked Beans House Salad Baby Carrots Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
13 A:&B: Beef Hot Dog in WG Bun Tater Tots Celery & Carrot Sticks, Broccoli Florets Apple Wedge , Shortbread Cookie Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	14 A: & B: Tuna Melt Sandwich Potato Wedge House Salad Fruit Slushy Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	15 A: & B: Vegetarian Pizza House Salad Mixed Fruits Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	16 A: & B: Breaded Chicken Strips Steamed Rice House Salad Mixed Fruits Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	17 A: & B: Baked Chicken Pasta w/Corn,Carrot,Edamame Orange Wedge WG Roll Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
20 A: & B: Tasty Chicken Tenders with Steamed Rice Pickled Cabbage Broccoli & Carrots Apple Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	21 A: & B: Crispy Nachos with Beef and Cheese House Salad Tomato Slice 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	22 Fish Wedge with Steamed Rice Baked Beans, Rainbow Salad Fruit Slushy Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	23 A: & B: Cheeseburger Potato Wedge Celery Stick,Baby Carrot,Broccoli Orange Wedge Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	24 A:&B: Pepperoni Pizza Coleslaw Broccoli Florets & Baby Carrots Pineapple Chunks Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk
27 Memorial Day 	28 A: & B: Corndog Baked Beans House Salad Baby Carrots 100% Fruit Juice Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	29 A:&B: Popcorn Chicken & Mash Corn,Carrot & Edamame Apple Wedge Fruited Muffin Choice of: 1% Fat Free Milk or Fat Free Skim Chocolate Milk	30 PROMOTION DAY & ACTIVITY DAY	31 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