

Wai'au Elementary School October 2017 Breakfast & Lunch Menu

(Breakfast in Bold)

*Alt Cereal/Yogurt Breakfast Available
Menu Subject to Change

1/2 pt. 1% White or Skim Chocolate milk included

<p>2</p> <p>Maple Pancake Wrap Sliced Peaches Cranberries</p> <p>Sloppy Joe & Tater Tots House Salad Apple Wedge Orange Juice A Cookie</p>	<p>3</p> <p>School Made Banana Bread Pineapple Grape Juice</p> <p>Breaded Chicken Strips Steamed Rice House Salad Mixed Fruit B</p>	<p>4</p> <p>Waffle w/ Fruit Toppings Mixed Fruit Orange Juice</p> <p>Chili Frank & Rice Pan Roasted Vegetables Baby Carrots & Hummus Pineapple C - 5 Strawberry Cup</p>	<p>5</p> <p>Hawaiian Style Sausage Steamed Rice Fruit & Grape Juice</p> <p>Tuna Sandwich Asian Slaw House Salad Orange Wedges C - 6/K Fruit Slushy</p>	<p>6</p> <p>Breakfast Quesadilla Pineapple Orange Wedges</p> <p>Hot Turkey Sandwich Whipped Potato House Salad Orange Wedges C - 3</p>
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F a l l B r e a k

<p>16</p> <p>Ham/Cheese Quesadilla Strawberry Apple Juice</p> <p>Chicken Patty on Bun Curly Fries Lettuce Leaf Tomato A Seasonal Fruit</p>	<p>17</p> <p>Cinnamon Raisin Bagel Pineapple Grape Juice</p> <p>Chicken & Mashed Potatoes Pan Roasted Vegetables Apple Wedge Peach Slice Fruit Muffin</p>	<p>18</p> <p>Egglette w/ WG Toast Papaya/Pineapple Orange Juice</p> <p>Pasta Florentine French Bread House Salad Baby Carrots C Fruit Cocktail</p>	<p>19</p> <p>WG Cinnamon Toast Yogurt & Mixed Fruit Grape Juice</p> <p>Italian Sausage Pizza Baked Beans House Salad Baby Carrots E Orange Juice</p>	<p>20</p> <p>Baked Ham & Biscuit Peaches Apple Juice</p> <p>Kalua Pig w/ Cabbage Steamed Rice Lomi Tomato Pineapple Chunks F</p>
<p>23</p> <p>Pork Patty w/ Biscuit & Gravy Sliced Peaches Cranberries</p> <p>Creole Macaroni French Bread House Salad Orange Wedge A Fruit Slushy</p>	<p>24</p> <p>Breakfast Burrito Pineapple Grape Juice</p> <p>Hot Dog in Bun Tater Tots, House Salad Apple Wedge B Orange Juice</p>	<p>25</p> <p>Chicken Patty & Rice Mixed Fruit Orange Juice</p> <p>Beef Stew Steamed Rice House Salad Mixed Fruit C - 6</p>	<p>26</p> <p>French Toast w/ Syrup Strawberry Grape Juice</p> <p>Brd Chicken Nuggets/Rice Pan Roasted Vegetables Baby Carrots & Hummus Pineapple Chunks C - 5</p>	<p>27</p> <p>School Made Cinnamon Roll Pineapple Orange Wedges</p> <p>Baked Chicken Pasta Corn/Carrots/Edamame Orange Wedges WG Roll C - HLI/4</p>
<p>30</p> <p>Pepperoni Pizza Stix Apple Juice Orange Wedge</p> <p>Chili & Cheese Fries Rainbow Salad Seasonal Fruit WG Roll A</p>	<p>31</p> <p>Frankfurter & Rice Peaches Grape Juice</p> <p>Fried Saimin & Egg Roll House Salad Grape Tomato Orange Juice B</p>	<p>1</p> <p>Breakfast Smoothie Apple Wedges</p> <p>Pizza Broccoli Florets Coleslaw Baby Carrot C - 3/2 Sliced Peaches</p>	<p>2</p> <p>Coffee Cake Turkey Links Mixed Fruit Grape Juice</p> <p>Hot Dog in Bun Baked Beans Rainbow Salad C - 1 Pom Swirl</p>	<p>3</p> <p>Ham & Cheese Sandwich Pineapple Cranberries</p> <p>Pork Gisantes Steamed Rice Broccoli & Carrots Cantaloupe C - K</p>

This institution is an equal opportunity provider