

Waiau Elementary School August 2022 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

1 TEACHERS PLANNING AND COLLABORATION NO SCHOOL FOR STUDENTS	2 Portuguese Sausage Steamed Rice <i>Apple Wedges & Pineapple Chunks</i> Mac & Cheese Edamame Carrots Orange Wedges	3 <i>School-Made Cinnamon Roll</i> Diced Pears Orange Wedges Tuna Sandwich w/ Chicken Noodle Soup Veggie Sticks & Tomato Apple Wedges	4 Country Scramble w/ Rice Applesauce Paradise Punch Juice Beef Curry Steamed Rice Corn & Broccoli POG Slushie WG Roll	5 Mini Pancakes Mixed Fruits Craisins Asian Chicken w/ Rice Baked Beans Broccoli Apple Chips
8 Cereal w/ Toast Applesauce Banana Cheese Bites w/ Marinara Sauce Veggie Sticks Concord Berry Slushie	9 <i>Plain Bagel w/ Cream Cheese</i> Apple Wedges Diced Pears Creole Mac Green Salad Edamame Applesauce	10 Country Gravy Pizza Craisins Pineapple Chunks Breaded Chicken Tenders Steamed Rice Corn & Edamame Sliced Peaches	11 Fruited Muffin Turkey Ham <i>Sliced Peaches & Grape Juice</i> Teri Burger Potato Wedges Leaf Lettuce & Tomato Orange Wedges	12 Pork Sausage Patty w/ Rice Mixed Fruit Fruit Punch Roast Turkey w/ Gravy Mashed Potatoes Zucchini & Carrot Sticks Diced Pears WG Roll
15 Belgian Waffle Banana Mixed Fruits Cheese Pizza Green Salad Baby Carrots Apple Wedges	16 Yogurt w/ Granola Pears Apple Wedges Spaghetti w/ Meat Sauce Green Salad & Cucumber Edamame Orange Wedges French Bread	17 <i>School-Made Cinnamon Roll</i> Apple Chips Orange Wedges Fish Sandwich Wedge Fries Baked Beans Veggie Sticks White Grape Slushy	18 Cheese Stuffed Sticks Sliced Peaches Marinara Sauce Roast Pork w/ Gravy Steamed Rice Steamed Broccoli & Carrots Cran Razz Juice	19 STATEHOOD DAY HOLIDAY NO SCHOOL IN SESSION
22 Cereal w/ Toast Diced Pears Banana Tasty Chicken Tenders Steamed Rice Celery Sticks/Baby Carrots Edamame Applesauce	23 Br. Chicken Patty w/ Rice Apple Wedges Sliced Peaches Beef Chili Nachos w/ Queso Green Salad Salsa Strawberry Kiwi Juice	24 Coffee Cake Turkey Ham <i>Orange Wedges & Apple Chips</i> Chicken Sandwich Emoticon Potatoes Lettuce & Tomato Edamame Orange Wedges	25 Pizza Bagel Mixed Fruit Grape Juice Beef Patty w/ Gravy Steamed Rice Broccoli & Corn Orange Wedges	26 <i>French Toast Sticks w/ Syrup</i> Pineapple Chunks Power Punch Juice Kalua Pork w/ Cabbage Steamed Rice Diced Tomato w/ Green Onions Pineapple Chunks
29 Breakfast Pizza Banana Apple Chips Pepperoni Pizza Green Salad Veggie Sticks & Corn Apple Wedges	30 Portuguese Sausage Steamed Rice <i>Apple Wedges & Pineapple Chunks</i> Mac & Cheese Edamame Carrots Orange Wedges	31 <i>School-Made Cinnamon Roll</i> Diced Pears Orange Wedges Tuna Sandwich w/ Chicken Noodle Soup Veggie Sticks & Tomato Apple Wedges	1 Country Scramble w/ Rice Applesauce Paradise Punch Juice Beef Curry Steamed Rice Corn & Broccoli POG Slushie	2 Mini Pancakes Mixed Fruits Craisins Asian Chicken w/ Rice Baked Beans Broccoli Apple Chips

This institution is an equal opportunity provider

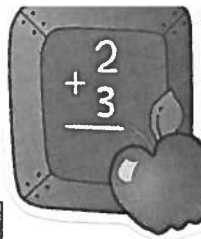




Ke Kula o Waiiau Alemanaka Mea Ai Aukake 2022

Kaele ka Aina Kakahiaka

*He koho siriala/waiu tepe kau
Hiki ke loli na ano mea ai



1/2 paina. 1% Waiu a i ole waiu Kokoleka ma ke pa*

1 LA HANA KUMU AOHE KULA NO NA HAUMANA	2 <i>Naaukake Pukiki me ka Laiki Apala Halakahiki</i> Makaloni me ka Waiupaa Edamame Kaloke Alani	3 <i>Lola Kinamona Pea Alani</i> Kanauika Ahi me ke Kupa Nula Moa Laau Lauai me ka Ohia Lomi Apala	4 <i>Hua Paka me ka Laiki Kai Apala Wai Huaai</i> Kai Akia lo Pipi Laiki Kulina me ke Palakali Hau Momona Palaoa	5 <i>Palaoa Paiai Iki Huaai Like Ole Ohelo Maloo</i> Moa Akia me ka Laiki Papapa Moa ia Palakali Kipi Apala
8 <i>Siriala me ka Palaoa Papaa Kai Apala Maia</i> Poke Waiupaa me ke Kai Pakeki Laau Lauai Hau Momona	9 <i>Pekala me ka Waiupaa Apala Pea</i> Makaloni Moa ia Saleta Edamame Kai Apala	10 <i>Paipika Kai Ono Ohelo Maloo Hala Kahiki</i> Laau Moa Laiki Kulia a me Edamame Piki	11 <i>Mapini Huaai Hame Pelehu</i> <i>Piki me ka Wai Hua Waina</i> Hamapuka Kai Akia Uala Moa ia Lekuke me ka Ohia Lomi Alani	12 <i>Naaukake Puaa me ka Laiki Huaai Like ole Wai Huaai</i> Pelehu me ke Kai Uala Wali Sukini me ke Kaloke Pea Palaoa
15 <i>Palaoa Kipoopoo Maia Huaai Like ole</i> Paipika Waiupaa Saleta Kaloke Apala	16 <i>Waiu Tepe me ka Siriala Pea Apala</i> Pakeki me ka lo Saleta me ke Kaukama Edamame Alani Palaoa Palani	17 <i>Lole Kinamona Kipi Apala Alani</i> Kanauika ia Uala Palai ia Papapa Moa ia Laau Lauai Hau Momona	18 <i>Laau Waiupaa Piki Kai Ohia Lomi</i> Puaa Oma ia me ke Kai Laiki a me ka Palapoa Palakali me ke Kaloke Wai Huaai	19 AOHE KULA
22 <i>Siriala me ka Palaoa Papaa Pea Maia</i> Laau Moa Laiki Kelaki me ke Kaloke Edamame Kai Apala	23 <i>Moa Moa ia me ka Laiki Apala Piki</i> Kipi Mekiko Kili me ka Waiupaa Saleta Kai Mekiko Wai Huaai	24 <i>Mea Ono Kope Hame Pelehu Alani Kipi Apala</i> Kanauika Moa Uala Minoaka Lekuke me ka Ohia Lomi Edamame Alani	25 <i>Pekala Paipika Huaai Like ole Wai Hua Waina</i> lo Pipi me ke Kai Laiki Palakali me ke Kulina Alani	26 <i>Laau Palaoa Papaa Palani me ke Kai Ono Hala Kahiki Wai Huaai</i> Puaa Kalua me ke Kapiki Laiki Lomilomi Hala Kahiki
29 <i>Paipika Kakahiaka Maia Kipi Apala</i> Paipika Pepaloni Saleta Laau Lauai me ke Kulina Apala	30 <i>Naaukake Pukiki me ka Laiki Apala Halakahiki</i> Makaloni me ka Waiupaa Edamame Kaloke Alani	31 <i>Lola Kinamona Pea Alani</i> Kanauika Ahi me ke Kupa Nula Moa Laau Lauai me ka Ohia Lomi Apala	1 <i>Hua Paka me ka Laiki Kai Apala Wai Huaai</i> Kai Akia lo Pipi Laiki a me ka Palaoa Kulina me ke Palakali Hau Momona	2 <i>Palaoa Paiai Iki Huaai Like Ole Ohelo Maloo</i> Moa Akia me ka Laiki Papapa Moa ia Palakali Kipi Apala

He wahi puuhonua keia ia kakou

