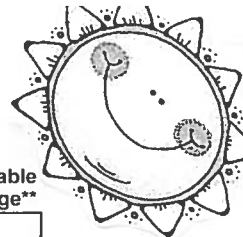




Wai'au Elementary School September 2022 Breakfast & Lunch Menu



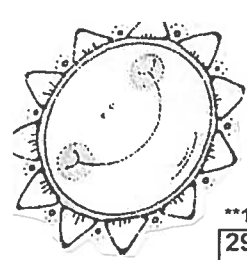
1/2 pt. 1% White or Skim Chocolate milk included

(Breakfast in Bold)

*Alt Cereal/Yogurt Breakfast Available

Menu Subject to Change

<p>29</p> <p style="text-align: center;">Breakfast Pizza Banana Apple Chips</p> <p>Pepperoni Pizza Veggie Sticks Corn Apple Wedges</p>	<p>30</p> <p style="text-align: center;">Portuguese Sausage Steamed Rice</p> <p><i>Apple Wedges & Pineapple Chunks</i></p> <p>Mac & Cheese Edamame Carrots Orange Wedges</p>	<p>31</p> <p style="text-align: center;"><i>School-Made Cinnamon Roll Diced Pears Orange Wedges</i></p> <p>Tuna Sandwich w/ Chicken Noodle Soup Veggie Sticks & Tomato Apple Wedges</p>	<p>1</p> <p style="text-align: center;">Country Scramble w/ Rice Applesauce Paradise Punch Juice</p> <p>Beef Curry Steamed Rice Corn & Broccoli POG Slushie WG Roll</p>	<p>2</p> <p style="text-align: center;">Mini Pancakes Mixed Fruits Craisins</p> <p>Asian Chicken w/ Rice Baked Beans Broccoli Apple Chips</p>
<p>5</p> <p style="text-align: center;">LABOR DAY HOLIDAY</p> <p style="text-align: center;">NO SCHOOL IN SESSION</p>	<p>6</p> <p style="text-align: center;"><i>Plain Bagel w/ Cream Cheese Apple Wedges Diced Pears</i></p> <p>Creole Mac Green Salad Edamame Applesauce</p>	<p>7</p> <p style="text-align: center;">Country Gravy Pizza Craisins Pineapple Chunks</p> <p>Breaded Chicken Tenders Steamed Rice Corn & Edamame Sliced Peaches</p>	<p>8</p> <p style="text-align: center;">Fruited Muffin Sliced Peaches Grape Juice</p> <p>Teri Burger Potato Wedges Leaf Lettuce & Tomato Orange Wedges</p>	<p>9</p> <p style="text-align: center;">Pork Sausage Patty w/ Rice Mixed Fruit Fruit Punch</p> <p>Roast Turkey w/ Gravy Mashed Potatoes Zucchini & Carrot Sticks Diced Pears WG Roll</p>
<p>12</p> <p style="text-align: center;">Belgian Waffle Banana Mixed Fruits</p> <p>Cheese Pizza Green Salad Baby Carrots Apple Wedges</p>	<p>13</p> <p style="text-align: center;">Yogurt w/ Granola Pears Apple Wedges</p> <p>Spaghetti w/ Meat Sauce Green Salad & Cucumber Edamame Orange Wedges French Bread</p>	<p>14</p> <p style="text-align: center;"><i>School-Made Cinnamon Roll Apple Chips Orange Wedges</i></p> <p>Fish Sandwich Wedge Fries Baked Beans Veggie Sticks White Grape Slushy</p>	<p>15</p> <p style="text-align: center;">Cheese Stuffed Sticks Sliced Peaches Marinara Sauce</p> <p>Roast Pork w/ Gravy Steamed Rice Steamed Broccoli & Carrots Cran Razz Juice</p>	<p>16</p> <p style="text-align: center;">Portuguese Sausage Steamed Rice Applesauce & Craisins</p> <p>Hot Dog in Bun Tater Tots Coleslaw Apple Crisps</p>
<p>19</p> <p style="text-align: center;">Cereal w/ Toast Diced Pears Banana</p> <p>Tasty Chicken Tenders Steamed Rice Celery Sticks/Baby Carrots Edamame Applesauce</p>	<p>20</p> <p style="text-align: center;">Br. Chicken Patty w/ Rice Apple Wedges Sliced Peaches</p> <p>Beef Chili Nachos w/ Queso Green Salad Salsa Strawberry Kiwi Juice</p>	<p>21</p> <p style="text-align: center;">Coffee Cake Turkey Ham</p> <p><i>Orange Wedges & Apple Chips</i></p> <p>Chicken Sandwich Emoticon Potatoes Lettuce & Tomato Edamame Apple Wedges</p>	<p>22</p> <p style="text-align: center;">Pizza Bagel Mixed Fruit Grape Juice</p> <p>Beef Patty w/ Gravy Steamed Rice Broccoli & Corn Orange Wedges</p>	<p>23</p> <p style="text-align: center;"><i>French Toast Sticks w/ Syrup Pineapple Chunks Power Punch Juice</i></p> <p>Kalua Pork w/ Cabbage Steamed Rice Diced Tomato w/ Green Onions Pineapple Chunks</p>
<p>26</p> <p style="text-align: center;">Breakfast Pizza Banana Apple Chips</p> <p>Pepperoni Pizza Veggie Sticks Corn Apple Wedges</p>	<p>27</p> <p style="text-align: center;">Portuguese Sausage Steamed Rice</p> <p><i>Apple Wedges & Pineapple Chunks</i></p> <p>Mac & Cheese Edamame Carrots Orange Wedges</p>	<p>28</p> <p style="text-align: center;"><i>School-Made Cinnamon Roll Diced Pears Orange Wedges</i></p> <p>Tuna Sandwich w/ Chicken Noodle Soup Veggie Sticks & Tomato Apple Wedges</p>	<p>29</p> <p style="text-align: center;">Country Scramble w/ Rice Applesauce Paradise Punch Juice</p> <p>Beef Curry Steamed Rice Corn & Broccoli POG Slushie WG Roll</p>	<p>30</p> <p style="text-align: center;">Mini Pancakes Mixed Fruits Craisins</p> <p>Asian Chicken w/ Rice Baked Beans Broccoli Apple Chips</p>



Ke Kula o Waiau Alemanaka Mea Ai Kepakemapa 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

29 Paipika Kakahiaka Maia Kipi Apala Paipika Pepaloni Laaui Lauai me ke Kulina Apala	30 Naaukake Pukiki me ka Laiki Apala Halakahiki Makaloni me ka Waiupaa Edamame Kaloke Alani	31 Lola Kinamona Pea Alani Kanauika Ahi me ke Kupa Nula Moa Laaui Lauai me ka Ohia Lomi Apala	1 Hua Paka me ka Laiki Kai Apala Wai Huaai Kai Akia lo Pipi Laiki Kulina me ke Palakali Hau Momona Palaoa	2 Palaoa Paiai Iki Huaai Like Ole Ohelo Maloo Moa Akia me ka Laiki Papapa Moa ia Palakali Kipi Apala
5 Aohe Kula la Lawehana	6 Pekala me ka Waiupaa Apala Pea Makaloni Moa ia Saleta Edamame Kai Apala	7 Paipika Kai Ono Ohelo Maloo Hala Kahiki Laaui Moa Laiki Kulia a me Edamame Piki	8 Mapini Huaai Piki Wai Hua Waina Hamapuka Kai Akia Uala Moa ia Lekuke me ka Ohia Lomi Alani	9 Naaukake Puaa me ka Laiki Huaai Like ole Wai Huaai Pelehu me ke Kai Uala Wali Sukini me ke Kaloke Pea Palaoa
12 Palaoa Kipoopoo Maia Huaai Like ole Paipika Waiupaa Saleta Kaloke Apala	13 Waiu Tepe me ka Siriala Pea Apala Pakeki me ka lo Saleta me ke Kaukama Edamame Alani Palaoa Palani	14 Lole Kinamona Kipi Apala Alani Kanauika la Uala Palai ia Papapa Moa ia Laaui Lauai Hau Momona	15 Laaui Waiupaa Piki Kai Ohia Lomi Puaa Oma ia me ke Kai Laiki Palakali me ke Kaloke Wai Huaai	16 Naaukake Pukiki me ka Laiki Kai Apala Ohelo Maloo Naaukake Amelika Uala Moa ia Saleta me ke Kai Kipi Apala
19 Siriala me ka Palaoa Papaa Pea Maia Laaui Moa Laiki Kelami me ke Kaloke Edamame Kai Apala	20 Moa Moa ia me ka Laiki Apala Piki Kipi Mekiko Kili me ka Waiupaa Saleta Kai Mekiko Wai Huaai	21 Mea Ono Kope Hame Pelehu Alani & Kipi Apala Kanauika Moa Uala Minoaka Lekuke me ka Ohia Lomi Edamame Alani	22 Pekala Paipika Huaai Like ole Wai Hua Waina lo Pipi me ke Kai Laiki Palakali me ke Kulina Alani	23 Laaui Palaoa Papaa Palani me ke Kai Ono Hala Kahiki Wai Huaai Puaa Kalua me ke Kapiki Laiki Lomilomi Hala Kahiki
26 Paipika Kakahiaka Maia Kipi Apala Paipika Pepaloni Laaui Lauai me ke Kulina Apala	27 Naaukake Pukiki me ka Laiki Apala Halakahiki Makaloni me ka Waiupaa Edamame Kaloke Alani	28 Lola Kinamona Pea Alani Kanauika Ahi me ke Kupa Nula Moa Laaui Lauai me ka Ohia Lomi Apala	29 Hua Paka me ka Laiki Kai Apala Wai Huaai Kai Akia lo Pipi Laiki Kulina me ke Palakali Hau Momona Palaoa	30 Palaoa Paiai Iki Huaai Like Ole Ohelo Maloo Moa Akia me ka Laiki Papapa Moa ia Palakali Kipi Apala

He wahi puuhonua keia ia kakou