

Waiau Elementary School November 2022 Breakfast & Lunch Menu

(Breakfast in Bold)

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

*Alt Cereal/Yogurt Breakfast Available
Menu Subject to Change



<p>31</p> <p>Cereal w/ Toast Banana Applesauce</p> <p>Cheese Bites w/ Marinara Sauce Veggie Sticks Concord Berry Slushie</p>	<p>1</p> <p>Plain Bagel w/ Cream Cheese Apple Wedges Diced Pears</p> <p>Creole Mac Green Salad Edamame Applesauce</p>	<p>2</p> <p>Country Gravy Pizza Craisins Pineapple Chunks</p> <p>Breaded Chicken Tenders Steamed Rice Corn & Edamame Sliced Peaches</p>	<p>3</p> <p>Fruited Muffin Sliced Peaches Grape Juice</p> <p>Teri Burger Potato Wedges Leaf Lettuce & Tomato Orange Wedges</p>	<p>4</p> <p>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>7</p> <p>Belgian Waffle Banana Mixed Fruits</p> <p>Cheese Pizza Green Salad Baby Carrots Apple Wedges</p>	<p>8</p> <p style="text-align: center;">ELECTION DAY</p> <p style="text-align: center;">NO SCHOOL IN SESSION</p>	<p>9</p> <p>School-Made Cinnamon Roll Apple Chips Orange Wedges</p> <p>Fish Sandwich Wedge Fries Baked Beans Veggie Sticks White Grape Slushy</p>	<p>10</p> <p>Cheese Stuffed Sticks Sliced Peaches Marinara Sauce</p> <p>Roast Pork w/ Gravy Steamed Rice Steamed Broccoli & Carrots Cran Razz Juice</p>	<p>11</p> <p style="text-align: center;">VETERANS DAY HOLIDAY</p> <p style="text-align: center;">NO SCHOOL IN SESSION</p>
<p>14</p> <p>Cereal w/ Toast Diced Pears Banana</p> <p>Tasty Chicken Tenders Steamed Rice Celery Sticks/Baby Carrots Edamame Applesauce</p>	<p>15</p> <p>Br. Chicken Patty w/ Rice Apple Wedges Sliced Peaches</p> <p>Beef Chili Nachos w/ Queso Green Salad Salsa Strawberry Kiwi Juice</p>	<p>16</p> <p>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>17</p> <p>Pizza Bagel Mixed Fruit Grape Juice</p> <p>Beef Patty w/ Gravy Steamed Rice Broccoil & Corn Orange Wedges</p>	<p>18</p> <p>French Toast Sticks w/ Syrup Pineapple Chunks Power Punch Juice</p> <p>Kalua Pork w/ Cabbage Steamed Rice Diced Tomato w/ Green Onions Pineapple Chunks</p>
<p>21</p> <p>Breakfast Pizza Banana Apple Chips</p> <p>Pepperoni Pizza Veggie Sticks Corn Apple Wedges</p>	<p>22</p> <p>Portuguese Sausage Steamed Rice</p> <p><i>Apple Wedges & Pineapple Chunks</i></p> <p>Mac & Cheese Edamame Carrots Orange Wedges</p>	<p>23</p> <p>School-Made Cinnamon Roll Diced Pears Orange Wedges</p> <p>Tuna Sandwich w/ Chicken Noodle Soup Veggie Sticks & Tomato Apple Wedges</p>	<p>24</p> <p style="text-align: center;">THANKSGIVING DAY HOLIDAY</p> <p style="text-align: center;">NO SCHOOL IN SESSION</p>	<p>25</p> <p style="text-align: center;">SCHOOL HOLIDAY</p> <p style="text-align: center;">NO SCHOOL IN SESSION</p>
<p>28</p> <p>Cereal w/ Toast Banana Applesauce</p> <p>Cheese Bites w/ Marinara Sauce Veggie Sticks Concord Berry Slushie</p>	<p>29</p> <p>Plain Bagel w/ Cream Cheese Apple Wedges Diced Pears</p> <p>Creole Mac Green Salad Edamame Applesauce</p>	<p>30</p> <p>Country Gravy Pizza Craisins Pineapple Chunks</p> <p>Breaded Chicken Tenders Steamed Rice Corn & Edamame Sliced Peaches</p>	<p>1</p> <p>Fruited Muffin Sliced Peaches Grape Juice</p> <p>Teri Burger Potato Wedges Leaf Lettuce & Tomato Orange Wedges</p>	<p>2</p> <p>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>





Ke Kula o Waiiau Alemanaka Mea Ai Nowempapa 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*

<p>31 Siriala me ka Palaoa Papaa Kai Apala Maia Poke Waiupaa me ke Kai Pakeki Laau Lauai Hau Momona</p>	<p>1 Pekala me ka Waiupaa Apala Pea Makaloni Moa ia Saleta Edamame Kai Apala</p>	<p>2 Paipika Kai Ono Ohelo Maloo Hala Kahiki Laau Moa Laiki Kulia a me Edamame Piki</p>	<p>3 Mapini Huaai Piki <i>Wai Hua Waina</i> Hamapuka Kai Akia Uala Moa ia Lekuke me ka Ohia Lomi Alani</p>	<p>4 Naaukake Puaa me ka Laiki Huaai Like ole Wai Huaai Pelehu me ke Kai Uala Wali Sukini me ke Kaloke Pea Palaoa</p>
<p>7 Palaoa Kipoopoo Maia Huaai Like ole Paipika Waiupaa Saleta Kaloke Apala</p>	<p>8 La Koho Balota Aohe Kula</p>	<p>9 Lole Kinamona Kipi Apala Alani Kanauika ia Uala Palai ia Papapa Moa ia Laau Lauai Hau Momona</p>	<p>10 Laau Waiupaa Piki Kai Ohia Lomi Puaa Oma ia me ke Kai Laiki Palakali me ke Kaloke Wai Huaai</p>	<p>11 La Pualikoa Aohe Kula</p>
<p>14 Siriala me ka Palaoa Papaa Pea Maia Laau Moa Laiki Kelaki me ke Kaloke Edamame Kai Apala</p>	<p>15 Moa Moa ia me ka Laiki Apala Piki Kipi Mekiko Kili me ke Waiupaa Saleta Kai Mekiko Wai Huaai</p>	<p>16 Mea Ono Kope Hame Pelehu Alani & Kipi Apala Kanauika Moa Uala Minoaka Lekuke me ka Ohia Lomi Edamame Alani</p>	<p>17 Pekala Paipika Huaai Like ole Wai Hua Waina Io Pipi me ke Kai Laiki Palakali me ke Kulina Alani</p>	<p>18 <i>Laau Palaoa Papaa Palani me ke Kai Ono</i> Hala Kahiki Wai Huaai Puaa Kalua me ke Kapiki Laiki Lomilomi Hala Kahiki</p>
<p>21 Paipika Kakahiaka Maia Kipi Apala Paipika Pepaloni Laau Lauai me ke Kulina Apala</p>	<p>22 Naaukake Pukiki me ka Laiki Apala Halakahiki Makaloni me ke Waiupaa Edamame Kaloke Alani</p>	<p>23 Lola Kinamona Pea Alani Kanauika Ahi me ke Kupa Nula Moa Laau Lauai me ke Ohia Lomi Apala</p>	<p>24 La Mahalo Aohe Kula</p>	<p>25 Aohe Kula</p>
<p>28 Siriala me ka Palaoa Papaa Kai Apala Maia Poke Waiupaa me ke Kai Pakeki Laau Lauai Hau Momona</p>	<p>29 Pekala me ka Waiupaa Apala Pea Makaloni Moa ia Saleta Edamame Kai Apala</p>	<p>30 Paipika Kai Ono Ohelo Maloo Hala Kahiki Laau Moa Laiki Kulia a me Edamame Piki</p>	<p>1 Mapini Huaai Piki <i>Wai Hua Waina</i> Hamapuka Kai Akia Uala Moa ia Lekuke me ka Ohia Lomi Alani</p>	<p>2 Naaukake Puaa me ka Laiki Huaai Like ole Wai Huaai Pelehu me ke Kai Uala Wali Sukini me ke Kaloke Pea Palaoa</p>



He wahi puuhonua keia ia kakou