

Wai'au Elementary School September 2020 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>31</p> <p>Cinn. Bagel w/ Cream Cheese Pineapple Banana</p> <p>Nachos w/ Beef & Cheese Spinach/Romaine Salad Veggie Sticks w/ Dip Apple Wedges</p>	<p>1</p> <p>Portuguese Sausage Steamed Rice</p> <p>Apple Wedges & Power Punch Popcorn Chicken Steamed Rice Corn Carrots Pineapple</p>	<p>2</p> <p>Yogurt w/ Granola Toast Banana & Power Punch</p> <p>Hot Turkey Sandwich Corn Carrots/Edamame Apple Wedges</p>	<p>3</p> <p>Coffee Cake Mixed Fruits Apple Wedges</p> <p>Fish Sandwich Rainbow Salad Edamame Power Punch</p>	<p>4</p> <p>TEACHERS PLANNING AND COLLABORATION</p> <p>NO SCHOOL FOR STUDENTS</p>
<p>7</p> <p>LABOR DAY HOLIDAY</p> <p>NO SCHOOL IN SESSION</p>	<p>8</p> <p>Belgian Waffle w/ Syrup Banana Power Punch</p> <p>Pepperoni Pizza Veggie Stick w/ Dip Edamame Apple Wedge</p>	<p>9</p> <p>Pancake Wrap Apple Wedges Power Punch</p> <p>Chili Steamed Rice Corn Fruit Cocktail</p>	<p>10</p> <p>Ham Links Steamed Rice Mixed Fruits & Banana</p> <p>Chicken Tenders Steamed Rice Spinach/Romaine Salad Veggie Sticks w/ Dip Pineapple Chunks</p>	<p>11</p> <p>Kalua Quesadilla Peaches Banana</p> <p>Meatloaf w/ Gravy Steamed Rice Broccoli/Carrots Apple Wedges</p>
<p>14</p> <p>Yogurt w/ Toast Pineapple Apple Wedges</p> <p>Chicken Patty on Bun Veggie Sticks w/ Dip Baked Beans Apple Wedges</p>	<p>15</p> <p>Ham & Cheese Roll Peaches Banana</p> <p>Hot Dog in Bun Veggie Stick w/ Dip Potato Rounds Fruit Slushy</p>	<p>16</p> <p>Fried Rice Portuguese Sausage</p> <p>Apple Wedges & Power Punch Beef Stew Steamed Rice Corn Steamed Broccoli Banana</p>	<p>17</p> <p>Applesauce Muffin Banana Power Punch</p> <p>Roast Pork Steamed Rice Corn Rainbow Salad Apple Wedges</p>	<p>18</p> <p>Cinnamon Roll Apple Wedges Power Punch</p> <p>Korean Chicken Steamed Rice Spinach/Romaine Salad Edamame/Carrots Pineapple</p>
<p>21</p> <p>Pepperoni Pizza Stick Pineapple Apple Wedges</p> <p>BBQ Pork Sandwich Potato Rounds Coleslaw Peaches</p>	<p>22</p> <p>Pineapple Sunrise Banana Peaches</p> <p>Vegetarian Pizza Spinach/Romaine Salad Veggie Sticks w/ Dip Apple Wedges</p>	<p>23</p> <p>Papaya Bread Apple Wedges Power Punch</p> <p>Sweet & Sour Pork Steamed Rice Rainbow Salad Edamame Power Punch</p>	<p>24</p> <p>Ham Link in a Bun Banana Power Punch</p> <p>Beef Patty w/ Gravy Steamed Rice Corn/Carrots Apple Wedges</p>	<p>25</p> <p>Cereal w/ Toast Apple Wedges Power Punch</p> <p>Baked Chicken Steamed Rice Steamed Carrot Edamame Apple Wedges</p>
<p>28</p> <p>Pizza Bagel Mixed Fruits Banana</p> <p>Chicken Patty w/ Gravy Steamed Rice Broccoli/Carrots Apple Wedges</p>	<p>29</p> <p>Portuguese Sausage Steamed Rice Peaches & Apple Wedges</p> <p>Teri Burger Veggie Sticks w/ Hummus Potato Rounds Fruit Cocktail</p>	<p>30</p> <p>Plain Bagel w/ Cream Cheese Apple Wedges Power Punch</p> <p>Creole Macaroni Spinach/Romaine Salad Veggie Sticks w/ Dip Pineapple</p>	<p>1</p> <p>Yogurt w/ Toast Banana Power Punch</p> <p>Chicken Broccoli Steamed Rice Steamed Corn Fruit Cocktail</p>	<p>2</p> <p>Cinnamon Roll Pineapple Apple Wedges</p> <p>Turkey Pastrami Sandwich Veggie Sticks w/ Dip Edamame Apple Wedges</p>

This institution is an equal opportunity provider