

Waiau Elementary School September 2023 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

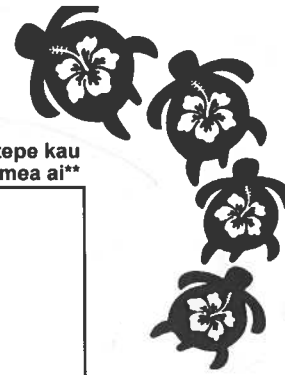
28 French Toast Sticks Pineapple Chunks Apple Chips Cheese Pizza Celery Sticks or Cucumber Edamame Apple	29 Portuguese Sausage w/ Rice Cantaloupe Sliced Peaches Chili & Cheese Nachos Green Salad Chopped Tomato Strawberry Kiwi Juice Mixed Fruit	30 Pizza Bagel Grapes Diced Pears Chicken Sandwich Chicken Noodle Soup Lettuce & Tomato Emoticon Potato Apple Wedges/Pears	31 Coffee Cake w/ Turkey Ham Mixed Fruit Applesauce Beef Patty W/ Gravy Rice Steamed Carrots Baked Beans Fruit Slushie/Peaches WG Roll	1 WAIVER DAY NO SCHOOL IN SESSION
4 LABOR DAY NO SCHOOL IN SESSION	5 Portuguese Sausage w/ Rice Honeydew Melon Pineapple Chunks Teri Burger Potato Wedges Leaf Lettuce/Tomato Veggie Sticks Orange/Mixed Fruits	6 Country Gravy Pizza Watermelon Juice Creole Mac Green Salad Corn Peaches Diced Pears WG Roll	7 Breakfast Kit Banana Chicken Pot Sticker (Gyoza) Baby Carrots Veggie Sticks Fruit Punch Grapes	8 Cinnamon Bread Pudding Craisins Peaches Korean Chicken & Rice Carrots Edamame Diced Peaches Pineapple WG Roll
11 Belgan Waffle Mixed Fruits Peaches Pepporoni Pizza Veggie Sticks Carrots Apples	12 Portuguese Sausage w/ Rice Pineapple Chunks Applesauce Mac & Cheese Carrots/Broccoli Fruit Slushie Pineapple Chunks WG Roll	13 Cheese Stuffed Sticks Marinara Sauce Cantaloupe Tuna Sand. w/ Chips Veggie Sticks Tomato Lettuce Strawberry Fruit Gel Peaches	14 Yogurt w/ Cinnamon Toast Applesauce Grapes Hot Dog in Bun Tater Tots Coleslaw Orange	15 Banana Bread w/ Sausage Honeydew Melon Grape Juice Kalua Pig w/ Cabbage Rice Lomi Tomato/Edamame Pineapple/Mixed Fruit WG Roll
18 Plain Bagel w/ Cream Cheese Peaches Mixed Fruits Cheese Bites w/Marinara Veggie Sticks Orange	19 Breakfast Chicken Patty w/ Rice Pears Strawberry Kiwi Juice Sloppy Joe Tater Tots Baked Beans/Coleslaw Peaches Apples	20 School-Made Cinnamon Roll Orange Wedges Apple Chips Chicken Tenders w/ Rice Carrots Edamame Strawberry Fruit Gel Diced Pears	21 Breakfast Burrito Salsa Cup Orange Wedges Hamburger Curry w/Rice Corn/Green Salad Cran Razz Juice Pineapple WG Roll	22 Breakfast Pizza Watermelon Pineapple Mini Corn Dogs Carrots Veggie Sticks Orange
25 French Toast Sticks Pineapple Chunks Apple Chips Cheese Pizza Celery Sticks or Cucumber Edamame Apple	26 Portuguese Sausage w/ Rice Cantaloupe Sliced Peaches Chili & Cheese Nachos Green Salad Chopped Tomato Strawberry Kiwi Juice Mixed Fruit	27 Pizza Bagel Grapes Diced Pears Chicken Sandwich Chicken Noodle Soup Lettuce & Tomato Emoticon Potato Apple Wedges/Pears	28 Coffee Cake w/Turkey Ham Mixed Fruit Applesauce Beef Patty w/Gravy Rice Steamed Carrots Baked Beans Fruit Slushie/Peaches WG Roll	29 Pork Sausage Patty & Rice Grape Juice Banana Roast Turkey w/Gravy WG Roll Mashed Potatoes Zucchini Mixed Fruit/Craisins



Ke Kula o Waiiau Alemanaka Mea Ai Kepakemapa 2023

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>28</p> <p>Laa Palaoa Palani Hala Kahiki Kipi Apala</p> <p>Paipika Waiupaa Kelaki a i ole Kaukama Edamame Apala</p>	<p>29</p> <p>Naaukake Pukiki me ka Laiki Ipu Ala Piki</p> <p>Kipi Mekiko Kili Saleta Ohia Lomi Wai Huaai Huaai Like Ole</p>	<p>30</p> <p>Pekala Paipika Hua Waina Piki</p> <p>Kanauika Moa Kupa Moa me ka Nulu Lekuke me ka Ohia Lomi Uala Minoaka Apala me ka Piki</p>	<p>31</p> <p>Mea Ono Kope me ka Pelehu Huaai Likeole Kai Apala</p> <p>Io me ke Kai a me ka Laiki Kaloke Papapa Moa ia Hau Momona, Piki Palaoa</p>	<p>1</p> <p style="text-align: center;">AOHE KULA</p>
<p>4</p> <p style="text-align: center;">AOHE KULA</p>	<p>5</p> <p>Naaukake Pukiki me ka Laiki Ipu Omaomao Hala Kahiki</p> <p>Kipi Mekiko Kili me ka Waiupaa Saleta Kai Mekiko Wai Huaai</p>	<p>6</p> <p>Paipika Kai Ono Ipu Ai Waha Wai Huaai</p> <p>Makaloni Io Saleta me ke Kulina Piki Pea Palaoa</p>	<p>7</p> <p>Pa Kakaiaha Maia</p> <p>Kioza Kaloke Laa Lauai Wai Huaai Hua Waina</p>	<p>8</p> <p>Palaoa Kinamona Hua Waina Maloo Piki</p> <p>Moa Kolea me ka Laiki Kaloke a me na Edamame Piki Hala Kahiki Palaoa</p>
<p>11</p> <p>Palaoa Kipoopoo Hua Ai Like Ole Piki</p> <p>Paipika Pepaloni Laa Lau Ai Kaloke Apala</p>	<p>12</p> <p>Naaukake Pukiki me ka Laiki Hala Kahiki Kai Apala</p> <p>Makaloni me ka Waiupaa Kaloke me ka Palakali Hau Momona Hala Kahiki Palaoa</p>	<p>13</p> <p>Laa Waiupaa Kai Pakeki Ipu Ala</p> <p>Kanauika Ahi me na Kipi Laa Lau Ai Lekuke me ka Ohia Lomi Mea Ono Ohelo Papa Piki</p>	<p>14</p> <p>Waiu Tepe me ka Palaoa Kai Apala Hua Waina</p> <p>Naaukake Amelika Uala Moa ia Saleta Kai Ono Alani</p>	<p>15</p> <p>Palaoa maia me ka Naaukake Ipu Omaomao Wai hua waina</p> <p>Puaa kalua me ke Kapiki Laiki Ohia Lomi/Edamame Halakahiki/Huaai Likeole Palaoa</p>
<p>18</p> <p>Pekala me ka Waiupaa Piki Hua Ai Like Ole</p> <p>Poke Waiupaa me ke Kai Pakeki Laa Lauai Alani</p>	<p>19</p> <p>Moa Kakahiaka me ka Laiki Pea Wai Huaai</p> <p>Kanauika Io Ono Uala Moa ia Papapa Moa ia Saleta Kai Piki a me ka Apala</p>	<p>20</p> <p>Lola Kinamona Alani Kipi Apala</p> <p>Laa Moa me ka Laiki Kaloke Edamame Mea Ono Ohelo Papa Piki</p>	<p>21</p> <p>Lola Mekiko Kakahiaka Kai Mekiko Alani</p> <p>Hamapuka Kai Akia me ka Laiki Kulina me ka Saleta Wai Huaai Hala Kahiki Palaoa</p>	<p>22</p> <p>Paipika Kakahiaka Ipu Ai Waha Hala Kahiki</p> <p>Naaukake Iki Kaloke Laa Lauai Alani</p>
<p>25</p> <p>Laa Palaoa Palani Hala Kahiki Kipi Apala</p> <p>Paipika Waiupaa Kelaki a i ole Kaukama Edamame Apala</p>	<p>26</p> <p>Naaukake Pukiki me ka Laiki Ipu Ala Piki</p> <p>Kipi Mekiko Kili Saleta Ohia Lomi Wai Huaai Huaai Like Ole</p>	<p>27</p> <p>Pekala Paipika Hua Waina Piki</p> <p>Kanauika Moa Kupa Moa me ka Nulu Lekuke me ka Ohia Lomi Uala Minoaka Apala me ka Piki</p>	<p>28</p> <p>Mea Ono Kope me ka Pelehu Huaai Likeole Kai Apala</p> <p>Io me ke Kai a me ka Laiki Kaloke Papapa Moa ia Hau Momona, Piki Palaoa</p>	<p>29</p> <p>Naaukake Puaa me ka Laiki Wai hua waina Maia</p> <p>Pelehu Oma ia me ke kai Palaoa Uala Wali ia Kukini Huaai Likeole/Ohelo Maloo</p>

He wahi puuhonua keia ia kakou

