


# Wai'au Elementary School March 2023 Breakfast & Lunch Menu

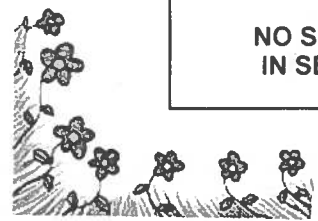
(Breakfast in Bold)

\*Alt Cereal/Yogurt Breakfast Available  
\*\*Menu Subject to Change\*\*

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

27	28	1	2	3
<b>Belgian Waffle Mixed Fruits Banana</b> Cheese Pizza Green Salad Baby Carrots Apple Wedges	<b>Yogurt w/ Granola Pears Apple Wedges</b> Spaghetti w/ Meat Sauce Green Salad & Cucumber Edamame Orange Wedges French Bread	<b>School-Made Cinnamon Roll Apple Chips Orange Wedges</b> Fish Sandwich Wedge Fries Baked Beans Veggie Sticks White Grape Slushy	<b>Cheese Stuffed Sticks Sliced Peaches Marinara Sauce</b> Roast Pork w/ Gravy Steamed Rice Steamed Broccoli & Carrots Cran Razz Juice	<b>Portuguese Sausage Steamed Rice Applesauce &amp; Craisins</b> Hot Dog in Bun Tater Tots Coleslaw Apple Crisps
6	7	8	9	10
<b>Cereal w/ Toast Diced Pears Banana</b> Tasty Chicken Tenders Steamed Rice Celery Sticks/Baby Carrots Edamame Applesauce	<b>Br. Chicken Patty w/ Rice Apple Wedges Sliced Peaches</b> Beef Chili Nachos w/ Queso Green Salad Salsa Strawberry Kiwi Juice	<b>Coffee Cake Turkey Ham</b> <i>Orange Wedges &amp; Apple Chips</i> Chicken Sandwich Emoticon Potatoes Lettuce & Tomato Edamame Apple Wedges	<b>Pizza Bagel Mixed Fruit Grape Juice</b> Beef Patty w/ Gravy Steamed Rice Broccoli & Corn Orange Wedges	<b>French Toast Sticks w/ Syrup Pineapple Chunks Power Punch Juice</b> Kalua Pork w/ Cabbage Steamed Rice Diced Tomato w/ Green Onions Pineapple Chunks
13	14	15	16	17
 <h2 style="font-size: 48px; margin: 0;">SPRING BREAK</h2>				
20	21	22	23	24
<b>Cereal w/ Toast Applesauce Banana</b> Cheese Bites w/ Marinara Sauce Veggie Sticks Concord Berry Slushie	<b>Plain Bagel w/ Cream Cheese Apple Wedges Diced Pears</b> Creole Mac Green Salad Edamame Applesauce	<b>Country Gravy Pizza Craisins Pineapple Chunks</b> Breaded Chicken Tenders Steamed Rice Corn & Edamame Sliced Peaches	<b>Fruited Muffin Sliced Peaches Grape Juice</b> Teri Burger Potato Wedges Leaf Lettuce & Tomato Orange Wedges	<b>Pork Sausage Patty Steamed Rice Mixed Fruit &amp; Fruit Punch</b> Roast Turkey w/ Gravy Mashed Potatoes Zucchini & Carrot Sticks Diced Pears WG Roll
27	28	1	2	3
<b>PRINCE KUHIO DAY HOLIDAY</b>  <b>NO SCHOOL IN SESSION</b>	<b>Yogurt w/ Granola Pears Apple Wedges</b> Spaghetti w/ Meat Sauce Green Salad & Cucumber Edamame Orange Wedges French Bread	<b>School-Made Cinnamon Roll Apple Chips Orange Wedges</b> Fish Sandwich Wedge Fries Baked Beans Veggie Sticks White Grape Slushy	<b>Cheese Stuffed Sticks Sliced Peaches Marinara Sauce</b> Roast Pork w/ Gravy Steamed Rice Steamed Broccoli & Carrots Cran Razz Juice	<b>Portuguese Sausage Steamed Rice Applesauce &amp; Craisins</b> Hot Dog in Bun Tater Tots Coleslaw Apple Crisps

This institution is an equal opportunity provider





# Ke Kula o Waiiau Alemanaka Mea Ai Malaki 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>27</p> <p style="text-align: center;"><b>Palaoa Kipoopoo Maia Huaai Like ole</b></p> <p>Paipika Waiupaa Saleta Kaloke Apala</p>	<p>28</p> <p style="text-align: center;"><b>Waiu Tepe me ka Siriala Pea Apala</b></p> <p>Pakeki me ka lo Saleta me ke Kaukama Edamame Alani Palaoa Palani</p>	<p>1</p> <p style="text-align: center;"><b>Lole Kinamona Kipi Apala Alani</b></p> <p>Kanauika la Uala Palai ia Papapa Moa ia Lau Lauai Hau Momona</p>	<p>2</p> <p style="text-align: center;"><b>Lau Waiupaa Piki Kai Pakeki</b></p> <p>Puaa Oma ia me ke Kai Laiki Palakali me ke Kaloke Wai Huaai</p>	<p>3</p> <p style="text-align: center;"><b>Naaukake Pukiki me ka Laiki Kai Apala Ohelo Maloo</b></p> <p>Naaukake Amelika Uala Moa ia Saleta me ke Kai Kipi Apala</p>
<p>6</p> <p style="text-align: center;"><b>Siriala me ka Palaoa Papaa Pea Maia</b></p> <p>Lau Moa Laiki Kelaki me ke Kaloke Edamame Kai Apala</p>	<p>7</p> <p style="text-align: center;"><b>Moa Moa ia me ka Laiki Apala Piki</b></p> <p>Kipi Mekiko Kili me ka Waiupaa Saleta Kai Mekiko Wai Huaai</p>	<p>8</p> <p style="text-align: center;"><b>Mea Ono Kope Hame Pelehu Alani &amp; Kipi Apala</b></p> <p>Kanauika Moa Uala Minoaka Lekuke me ka Ohia Lomi Edamame Alani</p>	<p>9</p> <p style="text-align: center;"><b>Pekala Paipika Huaai Like ole Wai Hua Waina</b></p> <p>lo Pipi me ke Kai Laiki Palakali me ke Kulina Alani</p>	<p>10</p> <p style="text-align: center;"><small>Lau Palaoa Papaa Palani me ke Kai Ono</small> <b>Hala Kahiki Wai Huaai</b></p> <p>Puaa Kalua me ke Kapiki Laiki Lomilomi Hala Kahiki</p>
13	14	15	16	17
 <h2 style="font-size: 2em; opacity: 0.5; text-align: center;">WA HOOMAHA KAU KUPULAU</h2> 				
<p>20</p> <p style="text-align: center;"><b>Siriala me ka Palaoa Papaa Kai Apala Maia</b></p> <p>Poke Waiupaa me ke Kai Pakeki Lau Lauai Hau Momona</p>	<p>21</p> <p style="text-align: center;"><b>Pekala me ka Waiupaa Apala Pea</b></p> <p>Makaloni Moa ia Saleta Edamame Kai Apala</p>	<p>22</p> <p style="text-align: center;"><b>Paipika Kai Ono Ohelo Maloo Hala Kahiki</b></p> <p>Lau Moa Laiki Kulina a me Edamame Piki</p>	<p>23</p> <p style="text-align: center;"><b>Mapini Huaai Piki Wai Hua Waina</b></p> <p>Hamapuka Kai Akia Uala Moa ia Lekuke me ka Ohia Lomi Alani</p>	<p>24</p> <p style="text-align: center;"><b>Naaukake Puaa me ka Laiki Huaai Like ole Wai Huaai</b></p> <p>Pelehu me ke Kai Uala Wali Sukini me ke Kaloke Pea Palaoa</p>
<p>27</p> <p style="text-align: center;"><b>AOHE KULA LA KUHIO</b></p>	<p>28</p> <p style="text-align: center;"><b>Waiu Tepe me ka Siriala Pea Apala</b></p> <p>Pakeki me ka lo Saleta me ke Kaukama Edamame Alani Palaoa Palani</p>	<p>1</p> <p style="text-align: center;"><b>Lole Kinamona Kipi Apala Alani</b></p> <p>Kanauika la Uala Palai ia Papapa Moa ia Lau Lauai Hau Momona</p>	<p>2</p> <p style="text-align: center;"><b>Lau Waiupaa Piki Kai Pakeki</b></p> <p>Puaa Oma ia me ke Kai Laiki Palakali me ke Kaloke Wai Huaai</p>	<p>3</p> <p style="text-align: center;"><b>Naaukake Pukiki me ka Laiki Kai Apala Ohelo Maloo</b></p> <p>Naaukake Amelika Uala Moa ia Saleta me ke Kai Kipi Apala</p>

He wahi puuhonua keia ia kakou

