




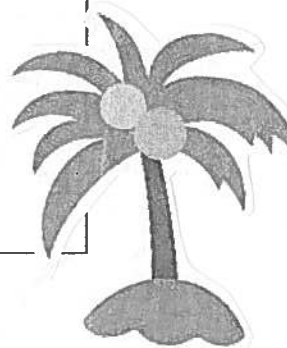
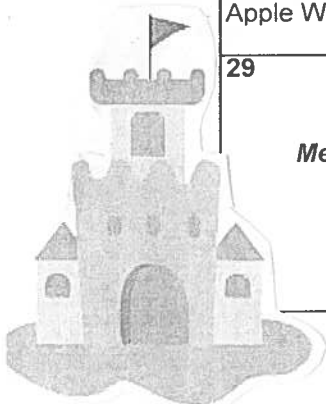
Waiau Elementary School May 2023 Breakfast & Lunch Menu

(Breakfast in Bold)

*Alt Cereal/Yogurt Breakfast Available
Menu Subject to Change

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

1	Cereal w/ Toast Diced Pears Banana Tasty Chicken Tenders Steamed Rice Celery Sticks/Baby Carrots Edamame Applesauce	2	Br. Chicken Patty w/ Rice Apple Wedges Sliced Peaches Beef Chili Nachos w/ Queso Green Salad Salsa Strawberry Kiwi Juice	3	Coffee Cake Turkey Ham <i>Orange Wedges & Apple Chips</i> Chicken Sandwich Emoticon Potatoes Lettuce & Tomato Edamame Apple Wedges	4	Pizza Bagel Mixed Fruit Grape Juice Beef Patty w/ Gravy Steamed Rice Broccoli & Corn Orange Wedges	5	French Toast Sticks w/ Syrup Power Punch Juice Pineapple Chunks* Kalua Pork w/ Cabbage Steamed Rice Diced Tomato w/Green Onions Pineapple Chunks
8	Breakfast Pizza Banana Apple Chips Pepperoni Pizza Veggie Sticks Corn Apple Wedges C-4/K	9	Portuguese Sausage Steamed Rice <i>Apple Wedges & Pineapple Chunks</i> Mac & Cheese Edamame Carrots Orange Wedges C-5/1	10	School-Made Cinnamon Roll Diced Pears Orange Wedges Tuna Sandwich w/ Chicken Noodle Soup Veggie Sticks & Tomato Apple Wedges C-3	11	Country Scramble w/ Rice Applesauce Paradise Punch Juice Beef Curry Steamed Rice Corn & Broccoli POG Slushie C-6/2	12	Mini Pancakes Mixed Fruits Craisins Asian Chicken Steamed Rice Baked Beans Broccoli Apple Chips C-HLIP
15	Cereal w/ Toast Applesauce Banana Cheese Bites w/ Marinara Sauce Veggie Sticks Concord Berry Slushie	16	Plain Bagel w/ Cream Cheese Apple Wedges Diced Pears Creole Mac Green Salad Edamame Applesauce	17	Country Gravy Pizza Craisins Pineapple Chunks Breaded Chicken Tenders Steamed Rice Corn & Edamame Sliced Peaches	18	Fruited Muffin Sliced Peaches Grape Juice Teri Burger Potato Wedges Leaf Lettuce & Tomato Orange Wedges	19	Pork Sausage Patty W/ Rice Mixed Fruit Fruit Punch Roast Turkey w/ Gravy Mashed Potatoes Zucchini & Carrot Sticks Diced Pears WG Roll
22	Belgian Waffle Mixed Fruits Banana Cheese Pizza Green Salad Baby Carrots Apple Wedges	23	Yogurt w/ Granola Pears Apple Wedges Spaghetti w/ Meat Sauce Green Salad & Cucumber Edamame Orange Wedges French Bread	24	School-Made Cinnamon Roll Apple Chips Orange Wedges Fish Sandwich Wedge Fries Baked Beans Veggie Sticks White Grape Slushy	25	Cheese Stuffed Sticks Sliced Peaches Marinara Sauce Roast Pork w/ Gravy Steamed Rice Steamed Broccoli & Carrots Cran Razz Juice	26	Portuguese Sausage Steamed Rice Applesauce & Craisins Hot Dog in Bun Tater Tots Coleslaw Apple Crisps
29	Memorial Day	30		31					





Ke Kula o Waiiau Alemanaka Mea Ai Mei 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*



1 Siriala me ka Palaoa Papaa Pea Maia Laa Moa Laiki Kelaki me ke Kaloke Edamame Kai Apala	2 Moa Moa ia me ka Laiki Apala Piki Kipi Mekiko Kili me ka Waiupaa Saleta Kai Mekiko Wai Huaai	3 Mea Ono Kope Hame Pelehu Alani & Kipi Apala Kanauika Moa Uala Minoaka Lekuke me ka Ohia Lomi Edamame Alani	4 Pekala Paipika Huaai Like ole Wai Hua Waina Io Pipi me ke Kai Laiki Palakali me ke Kulina Alani	5 Laa Palaoa Papaa Palani me ke Kai Ono Hala Kahiki Wai Huaai Puaa Kalua em ke Kapiki Laiki Lomilomi Hala Kahiki
8 Paipika Kakahiaka Maia Kipi Apala Paipika Pepaloni Laa Lauai me ke Kulina Apala	9 Naaukake Pukiki me ka Laiki Apala Halakahiki Makaloni me ka Waiupaa Edamame Kaloke Alani	10 Lola Kinamona Pea Alani Kanauika Ahi me ke Kupa Nula Moa Laa Lauai me ka Ohia Lomi Apala	11 Hua Paka me ka Laiki Kai Apala Wai Huaai Kai Akia Io Pipi Laiki Kulina me ke Palakali Hau Momona	12 Palaoa Paiai Iki Huaai Like Ole Ohelo Maloo Moa Akia me ka Laiki Papapa Moa ia Palakali Kipi Apala
15 Siriala me ka Palaoa Papaa Kai Apala Maia Poke Waiupaa me ke Kai Pakeki Laa Lauai Hau Momona	16 Pekala me ka Waiupaa Apala Pea Makaloni Moa ia Saleta Edamame Kai Apala	17 Paipika Kai Ono Ohelo Maloo Hala Kahiki Laa Moa Laiki Kulia a me Edamame Piki	18 Mapini Huaai Piki Wai Hua Waina Hamapuka Kai Akia Uala Moa ia Lekuke me ka Ohia Lomi Alani	19 Naaukake Puaa me ka Laiki Huaai Like ole Wai Huaai Pelehu me ke Kai Uala Wali Sukini me ke Kaloke Pea Lola Palaoa
22 Palaoa Kipoopoo Maia Huaai Like ole Paipika Waiupaa Saleta Kaloke Apala	23 Waiu Tepe me ka Siriala Pea Apala Pakeki me ka lo Saleta me ke Kaukama Edamame Alani Palaoa Palani	24 Lole Kinamona Kipi Apala Alani Kanauika ia Uala Palai ia Papapa Moa ia Laa Lauai Hau Momona	25 Laa Waiupaa Piki Kai Pakeki Puaa Oma ia me ke Kai Laiki Palakali me ke Kaloke Wai Huaai	26 Naaukake Pukiki Laiki Kai Apala me na ohelo maloo Naaukake Amelika Uala Moa ia Saleta me ke Kai Kipi Apala
29 Aohe Kula La Hoomanao	30 Aohe Kula La Hoomanao	31 Aohe Kula La Hoomanao		



He wahi puuhonua keia ia kakou

