

# OCTOBER 2019 BREAKFAST MENU Kalaheo Elementary

All menus are subject to change without notice. All meals include a choice of a half pint 1% white or FF Chocolate milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Kalua Quesadilla Orange Wedges Applesauce	2 Ham Links Steamed Rice Fresh Banana Mixed Fruits	3 Maple Pancake Wrap Peaches Orange Wedges	4 Breakfast Smoothie Cinnamon Toast Apple Wedges
7  FALL	8  BREAK	9  NO SCHOOL	10  OCTOBER 7-11	11
14 Pepperoni Pizza Stick Apple Wedges Mixed Fruits	15 Ham Links in a Bun Applesauce Honeydew Melon	16 Pork Links Steamed Rice Orange Wedges Peaches	17 Fried Rice Portuguese Sausage Apple Wedges Fruit Cocktail	18 Papaya Muffin Pineapple Chunks Cantaloupe
21 Pizza Bagel Mixed Fruits Orange Wedges	22 Cinnamon Roll Apple Wedges Sliced Peaches	23 Portuguese Sausage Steamed Rice Applesauce Banana	24 Brkft Chicken Patty w/gravy Steamed Rice Cantaloupe Fruit Juice	25 Plain Bagel w/cream cheese Pineapple Chunks Orange wedges
28 Pancakes w/syrup Mixed Fruits Honeydew Melon	29 Gingerbread Cake Yogurt Pineapple Chunks Apple Wedges	30 Southern Pork Links Steamed Rice Applesauce Orange Wedges	31 Plain Bagel Cream Cheese Pineapple Chunks Cantaloupe	Nov. 1 Pepperoni Pizza Stick Banana Sliced Peaches

\*\*\*\*Alternate choice with main breakfast: Cereal & Toast or Yogurt & Toast.  
All bread and bread products are made with whole grain.

<p style="text-align: center;">Breakfast is served from 7:00AM-7:40AM</p> <p style="text-align: center;"><b>BREAKFAST PRICE</b></p> <hr/> Reduced.....\$0.30 Paid.....\$1.10 Milk Only...\$0.75 Second meal and Adult....\$2.40	<p style="text-align: center;">School meal payments can be done at the office. Prepayments can also be made online,</p> <hr/> to create an account go to <a href="http://www.EZSchoolPay.com">www.EZSchoolPay.com</a> with your child's last name and their student number.
<p style="text-align: center;"><b>LUNCH PRICE</b></p> <hr/> Reduced...\$0.40 Paid.....\$2.50 Milk only.....\$0.75 Second meal and Adult.....\$5.50	<p>****Low balance and negative letters will be sent out weekly with your child.</p> <hr/> <hr/> <hr/> <hr/>

**This institution is an equal opportunity provider.**

# OCTOBER 2019 LUNCH MENU Kalaheo Elementary

All menus are subject to change without notice. All meals include a choice of a half pint 1% white or FF Chocolate milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chili with Brown Rice Steamed Corn Pineapple Chunks	2 Meatloaf w/gravy Brown Rice Apple Wedges Steamed Broccoli And Carrots	3 Corn Dog Potato Rounds Veggie Sticks Hummus Banana	4 Pepperoni Pizza Cantaloupe Veggie Sticks/dip Edamame
7  FALL	8  BREAK	9  NO	10  SCHOOL	11  OCTOBER 7-11
14 Sweet & Sour Pork with Pineapple Brown Rice Fruit Juice Romaine /Tomato Salad & Edamame	15 Hamburger Steak With Gravy Steamed Rice & Roll Mixed Fruit Steamed Carrots & Corn	16 Vegetarian Pizza Honeydew Melon Spinach & Romaine Salad Celery Sticks	17 Asian Baked Chicken Rice & Roll Apple Wedges Steamed Carrots And Edamame	18 BBQ Pork Sandwich Potato Wedges Cole Slaw Pineapple Chunks
21 Chicken Patty with Gravy Rice & Roll Apple Wedges Steamed Broccoli & Carrots	22 Spaghetti w/Meat Sauce Sliced Peaches Spinach & Romaine Carrot Sticks w/dip	23 Hamburger on Bun Potato Wedges Honeydew Melon Veggie Sticks	24 Chicken & Broccoli Steamed Rice Mixed Fruits Steamed Corn	25 Aina Pono Harvest of the Month Ulu Beef Stew Steamed Rice Pineapple Chunks
28 Chicken Tenders with Rice Steamed Broccoli and Corn Apple Wedges	29 Tuna Sandwich Potato Wedges Veggie Sticks / dip Fruit Slushy	30 Chicken Pasta Florentine Orange Wedges Rainbow Salad	31 Cheese Pizza Sliced Peaches Spinach & Romaine Salad Baby Carrots Edamame	

All bread and bread products are made with whole grain.

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