

Pauoa Elementary School

OCTOBER

Breakfast & Lunch Menu 26-27

ALL MENUS SUBJECT TO CHANGES WITHOUT NOTICE

All Meals Include a Choice of Half-Pint 1% or Skim Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/28	9/29	9/30	10/1	10/2
BREAKFAST Breakfast Pizza Applesauce Pineapple Chunks LUNCH Cheese and Rice Burrito OR Taco Salad Green Salad Local Salsa Oranges	BREAKFAST Biscuit and Gravy with Turkey Sausage Links Sliced Peaches Oranges LUNCH Stoppy Joe OR Ramen Salad Lettuce and Tomatoes Potato Wedges and Cucumber Strawberry Fruit Gel	BREAKFAST Guava Pastry with Boiled Egg Grapes Apple Crunchables LUNCH ChickenTenders with Macaroni OR Lasagna Roll Green Salad Tomato Wedge Pineapple Chunks	BREAKFAST Breakfast Chicken Patty with Rice Pineapple Chunks Pears LUNCH Beef and Bean Chili with Rice OR Chef Salad Baby Carrots Colelaw Apple Crunchables	BREAKFAST Local Style Fried Rice Oranges Strawberry Fruit Gel LUNCH Baked Chicken with Gravy OR Chinese Salad Edamame Steamed Bok Choy Mandarin Oranges
10/5	10/6	10/7	10/8	10/9
FALL BREAK / NO SCHOOL / OCTOBER 5 - 9				
10/12	10/13	10/14	10/15	10/16
BREAKFAST Bean and Vegetable Empanada Pineapple Chunks Fruit Punch Juice LUNCH Alia Pizza OR Taco Salad Baby Carrots Cucumbers Oranges	BREAKFAST Turkey and Cheese Sandwich Oranges Apple Crunchables LUNCH Chicken Papaya Soup or Tuna Tofu Salad Cucumber Green Salad Strawberries and Cream Ice Cake	BREAKFAST Kalo Yogurt Bowl Pineapple Chunks Apple Crunchables LUNCH Honey Ginger Chicken OR Protein Pack with Rice and Edamame Steamed Carrots Honeydew	BREAKFAST Uala Bread with Turkey Sausage Patty Pineapple Chunks Apples LUNCH Ulu Gravy Loco Moco OR Caesar Salad Steamed Broccoli Cucumber Pickles Oranges	BREAKFAST Breakfast Quesadilla Grapes Applesauce LUNCH Kalua Pork with Cabbage OR Tofu Poke Bowl Lomi Tomato Salad Okinawan Sweet Potato Pineapple Chunks
10/19	10/20	10/21	10/22	10/23
BREAKFAST Banana Sheet Pancake with Haupia Sauce Mandarin Oranges Apple Crunchables LUNCH Protein Poppers with Rice OR Ramen Salad Steamed Broccoli Baked Beans Strawberries and Cream Ice Cake	BREAKFAST Breakfast Chicken and Waffles Apples Veggie Juice LUNCH Chicken Pasta Florentine OR Caesar Salad Green Salad with Cucumbers Diced Tomatoes Watermelon	BREAKFAST Ulu Banana Bread with Turkey Sausage Patty Pineapple Chunks Sour Raisins LUNCH Chili & Cheese Nachos OR Bean Volcano Bowl Green Salad Refried Beans and Local Salsa Strawberry Kiwi Juice	BREAKFAST Cheese Breadstick Marinara Sauce Grapes LUNCH Hot Dog with Bun OR Chinese Salad Tater Tots Honey Butter Roasted Kabocha and Cucumbers Oranges	BREAKFAST Cinnamon Roll with Turkey Sausage Links Apples Sliced Peaches LUNCH Kalua Pork Sandwich OR Pasta Salad Baby Carrots and Sweet Potato Mash Cucumbers Apple Crunchables
10/26	10/27	10/28	10/29	10/30
NO SCHOOL NON-STUDENT DAY	BREAKFAST Scrambled Egg, Cheese and Roasted Uala Local Salsa and Mandarin Oranges Apples LUNCH Orange Chicken with Rice OR Chinese Salad Edamame and Steamed Bok Choy Pineapple Chunks Fortune Cookies	BREAKFAST Maple Pancake Sausage Sandwich Grapes Apple Crunchables LUNCH Creole Macaroni Pasta OR Caesar Salad Green Salad and Baby Carrots Cucumbers Oranges	BREAKFAST Pumpkin Bread with Scrambled Eggs Strawberries Strawberry Fruit Gelatin LUNCH Hamburger OR Chef Salad Lettuce, Tomato, Baby Carrots Crinkle Cut Fries Tropical Punch Raisins	BREAKFAST Portuguese Sausage and Rice Grapes Pineapple Chunks LUNCH Roast Turkey with Gravy OR Banh Mi Salad Mashed Potatoes Roasted Zucchini Tangerines

*Lunch Menu contains the following allergens: Milk (Dairy), Eggs, Wheat/Gluten, Tree Nuts, Sesame, Soy, Fish

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