

# WAIPAHU INTER. SCHOOL

# BREAKFAST & LUNCH MENU

MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B: Cinnamon Raisin Bagel, Cream cheese, Canned Fruit, & Fresh Fruit Lunch: <b>Popcorn Chicken, Rice Corn &amp; Carrots, Fresh Fruit</b>	B: Coffee Cake, Fresh Fruit, & Canned Fruit Lunch: <b>Crispy Nachos w/ Beef &amp; Cheese Spinach &amp; Romaine Salad Veggie Sticks w/ dip, Fresh Fruit</b>	B: Fruit Yogurt Bowl w/ Granola, Toast, Fresh Fruit, & Apple Juice Lunch: <b>Kalua Pork w/ Cabbage Rice, Lomi Tomato, Canned Fruit</b>	B: Breakfast Chicken Pattie, Rice, Fresh Fruit, Orange Juice Lunch: <b>Hot Turkey Sandwich, Whipped Potatoes, Carrots &amp; Edamame, Apple Wedge</b>	B: Pizza Bagel, Fresh Fruit, & Grape Juice Lunch: <b>Sweet &amp; Sour Pork Rice, Rainbow Salad, Edamame, Grape juice</b>
B: Belgian Waffle w/ syrup, Grape juice, & Fresh Fruit Lunch: <b>Br. Chicken Strips, Rice, Canned Fruit, Spinach &amp; Romaine Salad, Veggie Sticks w/ dip</b>	B: Ham Links, Rice, Fresh Fruit, Canned Fruit Lunch: <b>Meatloaf w/ gravy, Rice, Broccoli w/ Carrots, Apple Wedges</b>	B: Fruit Smoothie, Cinn. Toast, Fresh Fruit Lunch: <b>Corndog, Fries, Veggie Sticks w/ Hummus, Fresh Fruit</b>	B: Kalua Quesadilla, Fresh Fruit & Canned Fruit Lunch: <b>Chili w/ Rice Corn, Canned Fruit,</b>	B: Maple Pancake Wrap, Orange Wedges, & Apple juice Lunch: <b>Pepperoni Pizza Veggie Sticks w/ dip, Edamame Fresh Fruit</b>
B: Cinnamon Roll, Fresh Fruit, Apple Juice Lunch: <b>Hot Dog in Bun, Fries, Veggie Sticks w/ dip, Fruit Slushy</b>	B: Ham & Cheese Roll, Canned, Fruit, Fresh Fruit Lunch: <b>Chicken Pattie Sandwich, Veggie Sticks w/ dip, Baked Beans, Fresh Fruit</b>	B: Turkey Sausage Egg Sliders, Canned Fruit, & Fresh Fruit Lunch: <b>Beef Stew, Rice, Broccoli w/ corn, Fresh Fruit</b>	B: Fried Rice, Portuguese Sausage Fresh Fruit, & Orange juice Lunch: <b>Korean Chicken, Rice, Spinach &amp; Romaine Salad, Carrots &amp; Edamame, Fresh Fruit</b>	B: Applesauce Muffin, Fresh Fruit Grape juice Lunch: <b>Roast Pork w gravy, Rice, Corn, Rainbow salad, Fresh Fruit</b>
B: Pepperoni Pizza Stix, Fresh Fruit, Canned Fruit Lunch: <b>Fish Sandwich, Rainbow Salad Edamame, Grape Juice</b>	B: Pig in the Blanket, Fresh Fruit, Apple juice Lunch: <b>Hamburger Steak w/ gravy, Rice Corn &amp; Carrots, Fresh Fruit</b>	B: Pork Sausage Patty, Rice, Canned Fruit, & Fresh Fruit Lunch: <b>Vegetarian Pizza, Fresh Fruit Spinach &amp; Romaine Salad Veggie Sticks w/ dip</b>	B: Fruit Bread/ Muffin, Fresh Fruit, & Orange juice Lunch: <b>BBQ Pork Sandwich, Fries Coleslaw, Canned Fruit</b>	B: Fried Rice, Portuguese Sausage Fresh Fruit, & Grape juice Lunch: <b>Asian Style Chicken, Rice Carrots w/ Edamame, Apple Wedge</b>
<b>MEMORIAL DAY</b>	B: Portuguese Sausage, Rice, Fresh Fruit, & Applesauce Lunch: <b>Hamburger, Fries, Veggie Sticks w/ Hummus Fresh Fruit</b>	B: Pizza Bagel, Fresh Fruit, Canned Fruit Lunch: <b>Chicken Patty w/ gravy, Rice Broccoli &amp; Carrots, Apple Wedge</b>	B: Cinnamon Roll, Fresh Fruit, Canned Fruit Lunch: <b>Spaghetti Spinach &amp; Romaine Salad Canned Fruit</b>	B: Bagel w/ cream cheese, Orange Wedges, & Apple juice Lunch: <b>Pastrami Sandwich Veggie Sticks w/ dip, Edamame, Fresh Fruit</b>

Daily Alternate Breakfast Choices: Alt. #1 Cereal & Toast / Alt. #2 Yogurt and Toast

All meals include a choice of 1/2pt 1% or Chocolate Skim Milk.

Menu

subject to change without notice. "This Institution is an equal opportunity provider."