

WAIPAHU INTER. SCHOOL

BREAKFAST & LUNCH MENU

DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B: Cinn. Raisin Bagel/ Bagel Pine Chunks, Grape juice Lunch: Corn Dog w/ Fruit Juice, House Salad w/ Baby Carrots, Baked Beans	B: Greek Yogurt & WG Cinn Toast Orange Juice, & Papaya/ Pine Chunks Lunch: Beef Broccoli and Rice House Salad w/ Baby Carrots, Mixed Fruit	B: Breakfast Quesadilla, Seasonal Fruit, Orange Juice Lunch: Baja Fish Taco w/ Asian Slaw, Garlic Aioli, Pan Roasted Veg. Apple Wedge, Fruit Muffin	B: Breakfast Smoothie & Cinn Toast Mixed Fruit, Cranberries Lunch: Tuna Dip and Chips Curly Fries, Lettuce & Tomato, Seasonal Fruit	B: Baked Ham & Biscuit Peaches, & Apple Juice Lunch: Roast Pork w/ gravy, Rice, Veggie juice, Lomi Tomato, Pineapple Chunks
B: Breakfast Pork Patty w/ Biscuit & gravy, Peaches, Cranberries Lunch: Chili Frank, Steamed Rice, Pan Roasted Veg., Baby Carrots Hummus, Pineapple Chunks	B: Breakfast Burrito, Hawaiian Salsa Pine Chunks, Grape Juice Lunch: Breaded Chicken Strips, Rice, House Salad, Mixed Fruit	B: Belgian Waffle w/ syrup, Mixed Fruit, Orange Juice Lunch: Sloppy Joe, Tater Tots House Salad, Apple Wedge	B: WG Cinnamon French Toast Seasonal fruit, Grape Juice Lunch: Tuna Melt Sandwich w/ Slaw House Salad, Fruit Slushy	B: Breakfast Quesadilla, Pine Chunks, Orange Wedges Lunch: Hot Turkey Sandwich Whipped Potato, House Salad Orange Wedges, WG Roll
B: Pepperoni Pizza Stix, Orange Wedges, & Apple Juice Lunch: Fish Wedge, Steamed rice, Baked beans, Rainbow salad, Fruit Slushy	B: Frankfurter, Steamed rice, Peaches, & Grape Juice Lunch: Crispy Nachos w/ Beef & Cheese House salad, Fruit Juice	B: Breakfast Smoothie, Cinnamon Toast, & Apple Wedge Lunch: Chicken Tenders, Rice, Pickled Cabbage, Broccoli & Carrots, Seasonal Fruit	B: School made Coffee Cake, Pork Links, Mixed Fruit, & Grape juice Lunch: Cheeseburger w/ Potato Wedges Rainbow Salad, Seasonal Fruit	B: Turkey Ham & Cheese on WG Bun Pine Chunks, & Cranberries Lunch: Asian Style Chicken w/ Rice, Coleslaw, Broccoli/carrots, Peaches, WG Roll
B: Applesauce Muffin, Pine Chunk Grape Juice Lunch: Popcorn Chicken & Mash bowl Pan Roasted Veg., Apple Wedge, WG Fruit Muffin	B: WG French Toast, Seasonal Fruit, Apple Juice Lunch: Italian Sausage Pizza House Salad, Baby Carrots, Baked Beans, Fruit Juice	B: Egglette w/ WG Toast, Orange Juice, Papaya/ Pine Chunks Lunch: Breaded Chicken patty on WG Bun w/ Curly Fries, Lettuce, Tomato, Seasonal Fruit	B: Pizza Bagel, Mixed Fruit, Grape Juice Lunch: Paniolo Beef Patty w/ Rice, Vegetables, Banana	WINTER BREAK
CHRISTMAS DAY	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK

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."