

Pā Hoaka September 2017

Remy's Plate Lunch					
(808) 640 6225	Po'akahi	Po'alua	Po'akolu	Po'ahā	Po'alima
	28	29	30	31	NO APL; ONLY PH AND KUK 1
Meat	Teriyaki Chicken	Baked Furikake Fish	BBQ Chicken	Mozarella Cheese Pizza	Ground Beef Chilli and Beans
Grain	b+w rice	b+w rice	b+w rice	whole wheat bread	b+w rice
Vegetable	steamed brocolli	sliced cucumber	mix veggies	marinara; sliced carrots	kidney beans
Vegetable	mashed sweet yams	toss greens	mashed sweet yams	toss greens	sweet corn; tomato sauce
Fruit	local fruit when available	local fruit if available	local fruit when available	local fruit when available	local fruit if available
Milk	1%	1%	1%	1%	1%
	4	5	6	7	8
Meat	Herbed Baked Chix w/ gravy	Cheddar/Ame Cheese	Baked Crispy Fish	Kalua Pork	Korean Chicken
Grain	whole wheat bread	ww macaroni pasta	b+w rice	b+w rice	b+w rice
Vegetable	homemade mashed potato	sliced cucumber	spinach w/ coconut milk	local cabbage	toss greens
Vegetable	steamed carrots	toss greens	tomato w/ salted salmon	sliced tomato	baked beans
Fruit	local fruit when available	local fruit if available	local fruit when available	local fruit if available	local fruit if available
Milk	1%	1%	1%	1%	1%
	18	19	20	21	22
Meat	Teriyaki Chicken	Baked Furikake Fish	BBQ Chicken	Mozarella Cheese Pizza	Ground Beef Chilli and Beans
Grain	b+w rice	b+w rice	b+w rice	whole wheat bread	b+w rice
Vegetable	steamed brocolli	sliced cucumber	mix veggies	marinara; sliced carrots	kidney beans
Vegetable	mashed sweet yams	toss greens	mashed sweet yams	toss greens	sweet corn; tomato sauce
Fruit	local fruit when available	local fruit if available	local fruit when available	local fruit when available	local fruit if available
Milk	1%	1%	1%	1%	1%
	25	26	27	28	29
Meat	Herbed Baked Chix w/ gravy	Cheddar/Ame Cheese	Baked Crispy Fish	Kalua Pork	Korean Chicken
Grain	whole wheat bread	ww macaroni pasta	b+w rice	b+w rice	b+w rice
Vegetable	homemade mashed potato	sliced cucumber	spinach w/ coconut milk	local cabbage	toss greens
Vegetable	steamed carrots	toss greens	tomato w/ salted salmon	tomato w/ salted salmon	baked beans
Fruit	local fruit when available	local fruit if available	local fruit when available	local fruit if available	local fruit if available
Milk	1%	1%	1%	1%	1%