

HCNP MENU PLANNING TEMPLATE (5-DAY)

SFA NAME: Wikifresh, LL					ADDENDUM C - Rev1 9/6/2017									MEAL: BREAKFAST <input type="checkbox"/>				LUNCH <input checked="" type="checkbox"/>			
MENU WEEK # 2	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				
	Chicken Nuggets with Hapa Rice				Shoyu Chicken Hapa Rice				Hawaiian Day Kalua Cabbage & Hapa Rice				Cajun Black Bean Chili Hapa Rice				Fajita Chicken Wrap Tortilla				
	Roasted Sweet Potato Cubes				fresh corn and Sofrito Black Beans				lomi salmon				orange slices				Lettuce, Tomato Salsa,				
	Carrot Sticks				Lettuce Mix				roasted sweet potato				peppers & onions				banana				
	Honey Mustard Sauce				apple slices				pineapple cubes												
	Papaya Slice																				
MEAT/MEAT ALTERNATE	MEAT/MEAT ALT	K-5	6-8	9-12	MEAT/MEAT ALT	K-5	6-8	9-12	MEAT/MEAT ALT	K-5	6-8	9-12	MEAT/MEAT ALT	K-5	6-8	9-12	MEAT/MEAT ALT	K-5	6-8	9-12	
(oz eq)	Baked Chicken	1.75	2	2	Shoyu Chicken	1.75	2	2.2	Kalua Pork	1	1	2	Boca Crumbles	1.75	2	2.2	Grilled Chicken Strips	1.75	2	2.2	
(serving size)									Salmon	0.005	0.005	0.005									
GRAINS	GRAINS	K-5	6-8	9-12	GRAINS	K-5	6-8	9-12	GRAINS	K-5	6-8	9-12	GRAINS	K-5	6-8	9-12	GRAINS	K-5	6-8	9-12	
(oz eq)	Hapa Rice	1.75	1.75	2	Hapa Rice	1.75	1.75	2	Hapa Rice	1	1	2	Hapa Rice	1.75	1.75	2	Wheat Tortilla	1.75	1.75	2	
(serving size)																					
FRUIT (cups)	FRUIT	K-5	6-8	9-12	FRUIT	K-5	6-8	9-12	FRUIT	K-5	6-8	9-12	FRUIT	K-5	6-8	9-12	FRUIT	K-5	6-8	9-12	
	Papaya	0.5	0.5	1	apple	0.5	0.5	1	pineapple	0.5	0.5	1	Oranges	0.5	0.5	1	banana	0.5	0.5	1	
VEGETABLES (cups)	VEGETABLES	K-5	6-8	9-12	VEGETABLES	K-5	6-8	9-12	VEGETABLES	K-5	6-8	9-12	VEGETABLES	K-5	6-8	9-12	VEGETABLES	K-5	6-8	9-12	
Dark Green					Romaine	0.25	0.25	0.25									Romaine	0.25	0.25	0.25	
Red/Orange	Carrots Sticks	0.5	0.5	0.75					tomato	0.25	0.25	0.25	tomato chunk & sauce	0.25	0.25	0.5	tomato salsa	0.25	0.25	0.25	
Beans/Peas/Legumes					black beans/corn	0.5	0.5	0.75					black beans	0.5	0.5	0.75					
Starchy	Sweet potato cubes	0.25	0.25	0.25					Sweet potato	0.25	0.25	0.25									
Other									Cabbage	0.25	0.25	0.5					White Onion	0.25	0.25	0.25	
Additional									onions (lomi)	0.1	0.1	0.1					Green Bell Pepper	0.25	0.25	0.25	
TOTAL:		0.75	0.75	1		0.75	0.75	1.00		0.85	0.85	1.1		0.75	0.75	1.25		1	1	1	
MILK (cups) NA	MILK		6-8	9-12	MILK	K-5	6-8	9-12	MILK	K-5	6-8	9-12	MILK	K-5	6-8	9-12	MILK	K-5	6-8	9-12	
EXTRA/CONDIMENT	EXTRA/CONDIMENT	K-5	6-8	9-12	EXTRA/CONDIMENT	K-5	6-8	9-12	EXTRA/CONDIMENT	K-5	6-8	9-12	EXTRA/CONDIMENT	K-5	6-8	9-12	EXTRA/CONDIMENT	K-5	6-8	9-12	
	Honey Mustard	1	1	1					Green Onions (lomi)	0.1	0.1	0.1									

This institution is an equal opportunity provider.