

## Pā Hoaka May 2018

	Po'akahī	Po'alua	Po'akolu	Po'ahā	Po'alima
	30	1	2	3	4
Meat	Herbed Baked Chix w/ gravy	Baked Crispy Fish	Kalua Pork and Cabbage	Ground Beef Spaghetti	Teriyaki Chicken
Grain	whole wheat rolls	brown rice	brown rice	whole wheat spag pasta	brown rice
Veg. 1	**mashed potato	steamed brocolli	local cabbage	**sliced cucumber	toss greens
Veg. 2	**sliced tomato	**sliced carrots	**sliced tomato	toss greens	organic edamame
Fruit	local fruit when available	local fruit when available	local fruit if available	local fruit if available	local fruit when available
Milk	1% white and fat-free choc milk	1% white and fat-free choc	1% white and fat-free choc milk	1% white and fat-free choc milk	1% white and fat-free choc
	7	8	9	10	11
Meat	Korean Chicken	Baked Furikake Fish	Pulled Pork w/ gravy	Ground Beef Chilli Beans	BBQ Chicken
Grain	brown rice	brown rice	whole wheat rolls	brown rice	brown rice
Veg. 1	toss greens	**sliced cucumber	roasted zucchini	kidney beans	toss greens
Veg. 2	**sliced tomato	toss greens	**mashed potato	**sliced carrots; tom sauce	**sliced tomato
Fruit	local fruit if available	local fruit if available	local fruit if available	local fruit if available	local fruit when available
Milk	1% white and fat-free choc milk	1% white and fat-free choc	1% white and fat-free choc milk	1% white and fat-free choc milk	1% white and fat-free choc
	14	15	16	17	18
Meat	Herbed Baked Chix w/ gravy	Baked Crispy Fish	Kalua Pork and Cabbage	Ground Beef Spaghetti	Teriyaki Chicken
Grain	whole wheat rolls	brown rice	brown rice	whole wheat spag pasta	brown rice
Veg. 1	**mashed potato	steamed brocolli	local cabbage	**sliced cucumber	toss greens
Veg. 2	**sliced tomato	**sliced carrots	**sliced tomato	toss greens	organic edamame
Fruit	local fruit when available	local fruit when available	local fruit if available	local fruit if available	local fruit when available
Milk	1% white and fat-free choc milk	1% white and fat-free choc	1% white and fat-free choc milk	1% white and fat-free choc milk	1% white and fat-free choc
	21	22	23	24	25
Meat	Korean Chicken	Baked Furikake Fish	Pulled Pork w/ gravy	Ground Beef Chilli Beans	BBQ Chicken
Grain	brown rice	brown rice	whole wheat rolls	brown rice	brown rice
Veg. 1	toss greens	**sliced cucumber	roasted zucchini	kidney beans	toss greens
Veg. 2	**sliced tomato	toss greens	**mashed potato	**sliced carrots; tom sauce	**sliced tomato
Fruit	local fruit if available	local fruit if available	local fruit if available	local fruit if available	local fruit when available
Milk	1% white and fat-free choc milk	1% white and fat-free choc	1% white and fat-free choc milk	1% white and fat-free choc milk	1% white and fat-free choc

This institution is an equal opportunity provider.

