

## Hale Lamalama August 2018

	Po'akahi	Po'alua	Po'akolu	Po'ahā	Po'alima
	6	7	8	9	10
Meat	Herbed Baked Chix w/ gravy	Baked Crispy Fish	Kalua Pork and Cabbage	Ground Beef Spaghetti	Teriyaki Chicken
Grain	whole wheat rolls	brown rice & wwheat rolls	brown rice	wwheat pasta & wwheat rolls	brown rice & wwheat rolls
Veg. 1	mashed potato	toss romaine greens	local cabbage	sliced cucumber	toss romaine greens
Veg. 2	sliced carrots	sliced tomato	sliced carrots	toss romaine greens	baked beans
Fruit	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)
Milk	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc
	13	14	15	16	17
Meat	Korean Chicken	Baked Furikake Fish	Pulled Pork w/ gravy	Ground Beef Chilli Beans	BBQ Chicken
Grain	brown rice	brown rice & wwheat rolls	brown rice & whole wheat rolls	brown rice & whole wheat rolls	brown rice
Veg. 1	toss romaine greens	sliced cucumber	roasted zucchini	kidney beans	toss romaine greens
Veg. 2	sliced tomato	toss romaine greens	mashed potato	sliced carrots; tom sauce	sliced tomato
Fruit	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)
Milk	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc
	20	21	22	23	24
Meat	Herbed Baked Chix w/ gravy	Baked Crispy Fish	Kalua Pork and Cabbage	Ground Beef Spaghetti	Teriyaki Chicken
Grain	whole wheat rolls	brown rice & wwheat rolls	brown rice	wwheat pasta & wwheat rolls	brown rice & wwheat rolls
Veg. 1	mashed potato	toss romaine greens	local cabbage	sliced cucumber	toss romaine greens
Veg. 2	sliced carrots	sliced tomato	sliced carrots	toss romaine greens	baked beans
Fruit	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)
Milk	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc
	27	28	29	30	31
Meat	Korean Chicken	Baked Furikake Fish	Pulled Pork w/ gravy	Ground Beef Chilli Beans	BBQ Chicken
Grain	brown rice	brown rice & wwheat rolls	brown rice & whole wheat rolls	brown rice & whole wheat rolls	brown rice
Veg. 1	toss romaine greens	sliced cucumber	roasted zucchini	kidney beans	toss romaine greens
Veg. 2	sliced tomato	toss romaine greens	mashed potato	sliced carrots; tom sauce	sliced tomato
Fruit	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)
Milk	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc	1% white and fat-free choc

This institution is an equal opportunity provider.