

WikiFRESH September 2018 Lunch Menu

Monday 9/3	Tuesday 9/4	Wednesday 9/5	Thursday 9/6	Friday 9/7
	Cheese Quesadilla	Cajun Chili w/Cheese	Hawaiian Day	Chicken Nuggets
	Whole Wheat Tortilla	Hapa Rice	Kalua Cabbage & Hapa Rice	Hapa Rice
	Lettuce & Cabbage Salad	Pinto Bean & Corn Salsa	Lomi Tomato	Cilantro-Lime Hummus
	Mashed Sweet Potato	Orange slices	Roasted Sweet Potato	Carrots & Celery Sticks
	Banana		Pineapple cubes	Honey Mustard Sauce & Papaya
LABOR DAY				Papaya
Monday 9/10	Tuesday 9/11	Wednesday 9/12	Thursday 9/13	Friday 9/14
Mojo Pork (Kalua Style)	Taco Salad	Bar-B-Que Chicken	Chinese Chicken Salad	Pork Fried Rice Friday
Hapa Rice	Mexican Brown Rice	Hapa Rice	Romaine, Cabbage & Carrot Salad	Hapa Rice
Pinto Bean & Corn Salsa	Tomato Salsa	Southern Baked Beans	Whole Grain Asian Noodles	Romaine, Cucumber & Carrot Salad
Romaine & Cabbage Salad	Romaine, Cabbage & Carrot Salad	Corn on the Cob & Celery Sticks	Mandarin Oranges	Orange slices
Papaya	Apple banana	Apple Slices	dressing	
Monday 9/17	Tuesday 9/18	Wednesday 9/19	Thursday 9/20	Friday 9/21
Shoyu Chicken	Cheese Quesadilla	Cajun Chili w/Cheese	Hawaiian Day	Chicken Nuggets
Hapa Rice	Whole Wheat Tortilla	Hapa Rice	Kalua Cabbage & Hapa Rice	Hapa Rice
Black Beans	Lettuce & Cabbage Salad	Pinto Bean & Corn Salsa	Lomi Tomato	Cilantro-Lime Hummus
Romaine Salad	Mashed Sweet Potato	Orange slices	Roasted Sweet Potato	Carrots & Celery Sticks
Apple slices	Banana		Pineapple cubes	Honey Mustard Sauce & Papaya
Monday 9/24	Tuesday 9/25	Wednesday 9/26	Thursday 9/27	Friday 9/28
Mojo Pork (Kalua Style)	Taco Salad	Bar-B-Que Chicken	Chinese Chicken Salad	Pork Fried Rice Friday
Hapa Rice	Mexican Brown Rice	Hapa Rice	Romaine, Cabbage & Carrot Salad	Hapa Rice
Pinto Bean & Corn Salsa	Tomato Salsa	Southern Baked Beans	Whole Grain Asian Noodles	Romaine, Cucumber & Carrot Salad
Romaine & Cabbage Salad	Romaine, Cabbage & Carrot Salad	Corn on the Cob & Celery Sticks	Mandarin Oranges	Orange slices
Papaya	Apple banana	Apple Slices	dressing	