

Hale Lamalama November 2018

	Po'akahi	Po'alua	Po'akolu	Po'ahā	Po'alima
	29	30	31	1	2
Meat	Herbed Baked Chix w/ gravy	Baked Crispy Fish	Kalua Pork and Cabbage	Ground Beef Spaghetti	BBQ Chicken
Grain	whole wheat rolls	brown rice	brown rice & wwheat carrot bread	wwheat pasta & banana bread	brown rice & wwheat carrot bread
Veg. 1	mashed potato	chopped brocolli	local cabbage	sliced cucumber	toss romaine greens
Veg. 2	sliced carrots	sliced tomato	sliced tomato	chopped brocolli	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
	5	6	7	8	9
Meat	Pork Meatballs	Ground Beef Enchilada	Pulled Pork w/ gravy	Ground Beef Chilli Beans	Chicken Curry
Grain	brown rice	brown rice & ww pumpkin bread	brown rice & ww pumpkin bread	brown rice & ww banana bread	brown rice
Veg. 1	sliced cucumber	toss romaine greens	roasted zucchini	kidney beans	sliced carrots; celery
Veg. 2	chopped brocolli	sliced tomato	mashed potato	sliced carrots; tom sauce	toss romaine greens
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
	12	13	14	15	16
Meat	Herbed Baked Chix w/ gravy	Baked Crispy Fish	Kalua Pork and Cabbage	Ground Beef Spaghetti	BBQ Chicken
Grain	whole wheat rolls	brown rice	brown rice & wwheat carrot bread	wwheat pasta & banana bread	brown rice & wwheat carrot bread
Veg. 1	mashed potato	toss romaine greens	local cabbage	sliced cucumber	toss romaine greens
Veg. 2	sliced carrots	sliced tomato	sliced tomato	chopped brocolli	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
	19	20	21	22	23
				Thanksgiving Day!	no school
Meat	Pork Meatballs	Ground Beef Enchilada	Pulled Pork w/ gravy	Ground Beef Chilli Beans	Chicken Curry
Grain	brown rice	brown rice & ww pumpkin bread	brown rice & ww pumpkin bread	brown rice & ww banana bread	brown rice
Veg. 1	sliced cucumber	toss romaine greens	roasted zucchini	kidney beans	sliced carrots; celery
Veg. 2	chopped brocolli	sliced tomato	mashed potato	sliced carrots; tom sauce	toss romaine greens
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.