

WikiFRESH November 2018 Lunch Menu

Monday (W1) 11/5		Tuesday 11/6	Wednesday 11/7		Thursday 11/8	Friday 11/9
Shoyu Chicken			Cajun Chili w/Cheese		Hawaiian Day	Chicken Nuggets
Hapa Rice	NO SCHOOL		Hapa Rice		Kalua Cabbage & Hapa Rice	Hapa Rice
Black Beans	Election Day		Pinto Bean & Corn Salsa		Lomi Tomato	Cilantro-Lime Hummus
Romaine Salad			Orange slices		Roasted Sweet Potato	Carrots & Celery Sticks
Apple slices					Pineapple cubes	Honey Mustard Sauce
						Papaya
Monday (W2) 11/12		Tuesday 11/13	Wednesday 11/14		Thursday 11/15	Friday 11/16
	Taco Salad		Bar-B-Que Chicken		Chinese Chicken Salad	
NO SCHOOL	Mexican Brown Rice		Hapa Rice		Romaine, Cabbage & Carrot Salad	No Lunch
Veteran's Day	Tomato Salsa		Southern Baked Beans		Whole Grain Asian Noodles	Makahiki
	Romaine, Cabbage & Carrot Salad		Corn on the Cob & Celery Sticks		Mandarin Oranges	
	Apple banana		Apple Slices		dressing	
Monday (W1) 11/19		Tuesday 11/20	Wednesday 11/21		Thursday 11/22	Friday 11/23
Shoyu Chicken	Cheese Quesadilla		Cajun Chili w/Cheese			
Hapa Rice	Whole Wheat Tortilla		Hapa Rice		NO SCHOOL	NO SCHOOL
Black Beans	Lettuce & Cabbage Salad		Pinto Bean & Corn Salsa		Thanksgiving	School Holiday
Romaine Salad	Mashed Sweet Potato		Orange slices			
Apple slices	Banana					
Monday (W2) 11/26		Tuesday 11/27	Wednesday 11/28		Thursday 11/29	Friday 11/30
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	