

Remy's Plate Lunch (808) 640 6225	Ka 'Umeke Kā'eo - Pa Hoakla ~ Malaki 2019				
	Po'akahī	Po'alua	Po'akolu	Po'ahā	Po'alima
	4	5	6	7	8
Meat	Herbed Baked Chix w/Gravy	Baked Crispy Fish	Kālua Pig and Cabbage (M)	Ground Beef Spaghetti	Chicken Nuggets
Grain	whole wheat bread*	brown rice	brown rice & ww bread*	ww pasta & ww bread*	brown rice & ww bread*
Veg. 1	sweet kernel corn	sweet potato (broccoli)	local cabbage	sliced cucumber	sweet kernel corn (broccoli)
Veg. 2	zucchini (carrots)	baby carrots	sliced tomato	baby carrots (broccoli)	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
	11	12	13	14	15
Meat	Teriyaki Chicken	Baked Furikake Fish	Pulled Pork w/Gravy (M)	Ground Beef Chilli Beans	Chicken Curry
Grain	brown rice	brown rice & ww bread*	brown rice & ww bread*	brown rice & ww bread*	brown rice
Veg. 1	sliced tomato	sliced cucumber	roasted zucchini	kidney beans	sliced carrots; celery
Veg. 2	chopped broccoli	toss romaine greens	mashed potato	sliced carrots; tomato 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
	SPRING BREAK 18	SPRING BREAK 19	SPRING BREAK 20	SPRING BREAK 21	SPRING BREAK 22
Meat	Herbed Baked Chix w/Gravy	Baked Crispy Fish	Kālua Pig and Cabbage (M)	Ground Beef Spaghetti	BBQ Chicken
Grain	whole wheat bread*	brown rice	brown rice & ww bread*	ww pasta & ww bread*	brown rice & ww bread*
Veg. 1	mashed potato	chopped broccoli	local cabbage	sliced cucumber	toss romaine greens
Veg. 2	sliced carrots	sliced tomato	sliced tomato	chopped broccoli	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
	25	26	27	28	29
Meat	Teriyaki Chicken	Baked Furikake Fish	Pulled Pork w/Gravy (M)	Ground Beef Chilli Beans	Chicken Curry
Grain	brown rice	brown rice & ww bread*	brown rice & ww bread*	brown rice & ww bread*	brown rice
Veg. 1	sliced tomato	sliced cucumber	roasted zucchini	kidney beans	sliced carrots; celery
Veg. 2	chopped broccoli	toss romaine greens	mashed potato	sliced carrots; tomato 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

*All bread is whole wheat, handmade, and baked fresh at Remy's; it may be rolls, banana, pumpkin, or carrot bread, depending on availability. Mashed potato is made from scratch with real potatoes. No pre-made frozen meals. This institution is an equal opportunity provider.