

Remy's Plate Lunch (808) 640 6225	Kai Kohola - Ianuali 2020				
	Po'akahai	Po'alua	Po'akolu	Po'ahā	Po'alima
	no school 6	7	8	9	10
Meat	Pork Adobo	Baked Crispy Fish	Kālua Pig and Cabbage	Ground Beef Spaghetti	BBQ Chicken
Grain	brown rice	brown rice	brown rice	ww spaghetti pasta	brown rice
Vegetable	diced carrots and potato	sliced tomato	cabbage	sliced cucumber	beans and mixed veggies
Fruit	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)
Milk	1% white or fat-free	1% white or fat-free	1% white or fat-free	1% white or fat-free	1% white or fat-free
	13	14	15	16	no school 17
Meat	Herb Chicken with gravy	Baked Furikake Fish	Pulled Pork w/Gravy	Ground Beef Chilli Beans	Turkey Deli Sandwich
Grain	brown rice	brown rice	ww bread	brown rice	ww sliced bread*
Vegetable	baby carrots	sliced cucumber	mashed potato	kidney beans	baby carrots
Fruit	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)
Milk	1% white or fat-free	1% white or fat-free	1% white or fat-free	1% white or fat-free	1% white or fat-free
	no school 20	21	22	23	24
Meat	Chicken w/ Cream of Mushroom	Chicken Curry	Turkey Deli Sandwich	Ground Beef Spaghetti	Sweet n Sour Chicken
Grain	ww bread	brown rice	ww sliced bread	ww spaghetti pasta	brown rice
Vegetable	mashed potao	mixed veggies	sliced cucumber	sliced cucumber	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 or fat-free	1% white or fat-free	1% white or fat-free	1% white or fat-free	1% white or fat-free
	27	28	29	30	31
Meat	Teriyaki Chicken	Baked Crispy Fish	Kālua Pig and Cabbage	Turkey Deli Sandwich	BBQ Chicken
Grain	brown rice	brown rice	brown rice	ww sliced bread	brown rice
Vegetable	baby carrots	tomato	cabbage	sliced cucumber	beans and mixed veggies
Fruit	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)	fruit (local when available)
Milk	1% white or fat-free	1% white or fat-free	1% white or fat-free	1% white or fat-free	1% white or fat-free

\*All bread is whole wheat, handmade, and baked fresh at Remy's; it may be rolls, banana, pumpkin, or carrot bread, depending on availability.

No pre-made frozen meals.

This institution is an equal opportunity provider.