

Remy's Plate Lunch (808) 640 6225	Ka 'Umeke Kā'eo - Pā Hoaka~ Pepeluali 2020				
	Po'akahī	Po'alua	Po'akolu	Po'ahā	Po'alima
	3	4	5	6	7
Meat	Chicken w/ Cream of Mushroom	Baked Crispy Fish	Teriyaki Chicken	Ground Beef Spaghetti	Kālua Pig and Cabbage
Grain	brown rice	brown rice & ww bread*	brown rice & ww bread*	ww pasta & ww bread*	brown rice & ww bread*
Veg. 1	sweet corn (1/2c)	toss salad (1/2)	baked beans (1/2)	sliced cucumber (1/4)	local cabbage (1/2)
Veg. 2	sliced carrots (1/4c)	sliced carrots (1/4)	green peas and carrots (1/4)	chopped brocolli (1/2)	sliced tomato (1/4)
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
	10	11	no school 12	13	14
Meat	Herb Chicken w/ gravy	Baked Furikake Fish	Chicken Curry	Turkey Sandwich	Pulled Pork with gravy
Grain	brown rice	brown rice & ww bread*	brown rice & ww bread*	brown rice	brown rice & ww bread
Veg. 1	sliced carrots (1/4)	baked beans (1/2)	chopped brocolli (1/2)	toss salad (1/2)	chopped brocolli (1/2)
Veg. 2	roasted zucchini (1/2)	sliced tomato (1/4)	sweet corn (1/2)	sliced carrots (1/4)	green peas and carrots (1/4)
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
	no school 17	18	19	20	21
Meat	BBQ Chicken	Baked Crispy Fish	Chicken Nuggets	Ground Beef Chilli	Kālua Pig and Cabbage
Grain	brown rice	brown rice & ww bread	brown rice & ww bread*	brown rice & ww bread*	brown rice & ww bread*
Veg. 1	sliced carrots (1/4)	toss salad (1/2)	chopped broccoli (1/2)	kidney beans (1/4)	local cabbage (1/2)
Veg. 2	roasted zucchini (1/2)	sliced tomato(1/4	sliced cucumber (1/4)	sliced tomato (1/2)	sliced carrots (1/4)
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
	24	25	26	27	28
Meat	Chicken w/ Cream of Mushroom	Baked Furikake Fish	Teriyaki Chicken	Ground Beef Spaghetti	Pulled Pork with gravy
Grain	brown rice	brown rice & ww bread*	brown rice & ww bread*	ww pasta & ww bread*	brown rice & ww bread
Veg. 1	sweet corn (1/2c)	toss salad (1/2)	sliced carrots (1/4)	sliced cucumber (1/4)	chopped broccoli (1/2)
Veg. 2	sliced carrots (1/4c)	sliced tomato (1/4)	baked beans (1/2)	chopped brocolli (1/2)	green peas and carrots (1/4)
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.. No pre-made frozen meals. This institution is an equal opportunity provider.