

Nowemapa

2014 November

Kamehameha Schools Maui

Lunch and Snack Menu

ALL SCHOOLS

Menu subject to change without notice

RDA beverages served daily with lunch



Pō'akahi	Pō'aluā	Pō'akolu	Pō'ahā	Pō'alima
3 Chicken Katsu Gen-ji-mai Rice White Roll Tofu Salad Bar Fruit <i>Mea 'ai māmā kakahiaka</i> Bagels Blueberry Cream Cheese Fruit	4 Beef Chili Nacho Spanish Rice Fresh Salsa Bar Buttermilk Biscuit Fruit <i>Mea 'ai māmā kakahiaka</i> Cereal Fruit	5 Roast Pork w/ Gravy Gen-ji-mai Rice White Roll Macaroni Salad Toss Salad Fruit <i>Mea 'ai māmā kakahiaka</i> Whole Grain French Toast Syrup Fruit	6 Chicken Pasta w/ Broccoli Garlic Roll Chef's Salad Bar Fruit <i>Mea 'ai māmā kakahiaka</i> Banana Bread Fruit	7 Turkey Pastrami Sandwich Whole Wheat Bun Lett. Tom. Onion, Pickle Corn Chowder Lemon Bar Fruit <i>Mea 'ai māmā kakahiaka</i> Oatmeal Cereal Raisins
10 In-Service	11  ★Veterans Day★	12 Beef & Bean Burrito Spanish Rice Fresh Salsa Bar Corn Bread Fruit <i>Mea 'ai māmā kakahiaka</i> Yogurt w/ Fresh Fruit Granola	13 Chicken Mushroom Pesto Pizza Pasta Salad Bar Brownies Fruit <i>Mea 'ai māmā kakahiaka</i> Blueberry Biscuit Fruit	14 Tuna Sandwich Whole Wheat Bun Lett. Tom. Onion, Pickle French Fries Fruit Oatmeal Choc Chip Cookies <i>Mea 'ai māmā kakahiaka</i> Pineapple & Cottage Cheese
17 Hamburger Steak Gravy Gen-ji-mai Rice White Roll Salad Bar Quinoa Salad Fruit <i>Mea 'ai māmā kakahiaka</i> Cereal Fruit	18 Watercress Stew Gen-ji-mai Rice Whole Wheat Roll Macaroni Salad Salad Bar Fruit <i>Mea 'ai māmā kakahiaka</i> Hard Boiled Egg Fruit	19 Creole Macaroni Garlic Roll Caesar Salad Fruit <i>Mea 'ai māmā kakahiaka</i> Peach Muffin Jelly Fruit	20 Shoyu Chicken Gen-ji-mai Rice White Roll Somen Salad Bar Fruit <i>Mea 'ai māmā kakahiaka</i> Cinnamon Bun Fruit	21 Ham & Cheese Sandwich Minestrone Soup Lett. Tom. Onion, Pickle Bread Pudding Fruit <i>Mea 'ai māmā kakahiaka</i> Fried Rice Fruit
24 Fish Sticks Tartar Sauce Gen-ji-mai Rice Whole Wheat Roll Salad Bar Orzo Pasta Salad Fruit <i>Mea 'ai māmā kakahiaka</i> Coffee Cake Fruit	25 Chow Fun White Cake w/ Whipped Frosting Chinese Chicken Salad Bar Fruit <i>Mea 'ai māmā kakahiaka</i> Apple Sauce Muffin Fruit	26 Kalua Pork Gen-ji-mai Rice Chicken Long Rice Squid Luau Hawaiian Salad Bar Ahi Poke Haupia Fresh Maui Pineapple <i>Mea 'ai māmā kakahiaka</i> Whole Grain Waffles Syrup Fruit	27 	28

Food sensitivities or allergies:
 Kamehameha Schools Maui cannot ensure that all food items served
 do not contain ingredients that might cause an allergic reaction.