

All meals include a choice of half-pint White 1% or Choc. Skim milk

JANUARY 2021 MULTIPLE MEALS WAIHOLE

All Menus Subject to Change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WINTER BREAK				
3 B L	B L	B L	B L	B L
1 B L	4 B CEREAL W/CINNAMON CRISPS ORANGE PINEAPPLE CHUNKS L POPCORN CHICKEN, ROLL MINI CARROTS POWER PUNCH JUICE SLICED PEACHES	5 B CEREAL W/ CHEEZ ITS APPLE L FISH SANDWICH, BABY CARROTS BROCCOLI FLORETS, CUCUMBER STICKS, CELERY STICKS, FRUIT SLUSHY, MIXED FRUIT	6 B PINEAPPLE SUNRISE SURPRISE POWER PUNCH JUICE FRUIT COCKTAIL L CHEESE BITES, ROMAINE SALAD MINI CARROTS, ORANGE PEACHES	7 B CEREAL W/ MARSHMALLOW SQUARE, APPLE L CHICKEN SANDWICH, RAINBOW SALAD, TOMATO WEDGE, EDAMAME, PINEAPPLE CHUNKS MIXED FRUIT
2 B CEREAL W/ CINNAMON CRISPS ORANGE SLICED PEACHES L CHICKEN TENDERS, ROLL BAKED BEANS, HOT CORN BROCCOLI & CARROTS, FRUIT SLUSHY, PINEAPPLE CHUNKS	11 B CINNAMON RAISIN BAGEL APPLE WEDGES L CHEESEBURGER POTATO WEDGES, MINI CARROTS, ORANGE, MIXED FRUIT	12 B CEREAL W/CHEEZE ITS POWER PUNCH JUICE CRASINS L PEPPERONI PIZZA, ROMAINE SALAD, MINI CARROTS, POWER PUNCH JUICE PINEAPPLE CHUNKS	13 B CRUMB CAKE POWER PUNCH JUICE PINEAPPLE CHUNKS L TURKEY PASTRAMI, VEGGIE STICKS W/DIP EDAMAME, APPLE	14 B CEREAL W/MARSHMALLOW SQUARE, APPLE L HOT DOG W/BUN, ROMAINE SALAD, MINI CARROTS SLICED PEACHES PINEAPPLE CHUNKS
3 B Dr. Martin Luther King Jr. Day  L	18 B CEREAL W/CINNAMON CRISPS APPLE L CHICKEN PATTY W/GRAVY, ROLL POTATO WEDGES, BAKED BEANS, MINI CARROTS, BROCCOLI FLORETS POWER PUNCH JUICE, PEACHES	19 B BAGEL POWER PUNCH JUICE SLICED PEACHES L CHEESE PIZZA, ROMAINE SALAD, MINI CARROTS APPLE	20 B CEREAL W/ CHEEZ ITS ORANGE PINEAPPLE CHUNKS L FISH SANDWICH, VEGGIE STICKS W/DIP, EDAMAME APPLE	21 B CEREAL W/ MARSHMALLOW SQUARE, APPLE L GRILLED CHICKEN STRIPS W/ TERI SAUCE, BROCCOLI FLORETS ROMAINE SALAD, ROLL, PINEAPPLE CHUNKS,
1 B CEREAL W/CINNAMON CRISPS ORANGE SLICED PEACHES L POPCORN CHICKEN, ROLL MINI CARROTS POWER PUNCH JUICE SLICED PEACHES	25 B PINEAPPLE SUNRISE SURPRISE POWER PUNCH JUICE FRUIT COCKTAIL L TERIBURGER, BAKED BEANS MINI CARROTS, BROCCOLI FLORETS, APPLE	26 B CEREAL W/ CHEEZ ITS ORANGE CRAISINS L CHICKEN SANDWICH, RAINBOW SALAD, TOMATO WEDGE, EDAMAME, PINEAPPLE CHUNKS MIXED FRUIT	27 B FRUITED MUFFIN POWER PUNCH JUICE SLICED PEACHES L CHEESE BITES, ROMAINE SALAD MINI CARROTS, ORANGE PEACHES	28 B CEREAL W/ MARSHMALLOW SQUARE, APPLE L FISH SANDWICH, BABY CARROTS BROCCOLI FLORETS, CUCUMBER STICKS, CELERY STICKS, FRUIT SLUSHY, MIXED FRUIT

ALL STEAMED RICE IS 100% BROWN RICE

WG= WHOLE GRAIN

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

All meals include a choice of half-pint White 1% or Choc. Skim milk

JANUARY 2021 ON CAMPUS WAIAHOLE

All Menus Subject to Change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WINTER BREAK				
3 B L	B L	B L	B L	B L
1 B L	4 B CEREAL W/TOAST POWER PUNCH JUICE PINEAPPLE CHUNKS L POPCORN CHICKEN, ROLL MINI CARROTS POWER PUNCH JUICE SLICED PEACHES	5 B PANCAKE W/SYRUP ORANGE CRAISIN L FISH SANDWICH, BABY CARROTS BROCCOLI FLORETS, CUCUMBER STICKS, CELERY STICKS, FRUIT SLUSHY, MIXED FRUIT	6 B CEREAL W/TOAST POWER PUNCH JUICE FRUIT COCKTAIL L CHEESE BITES, ROMAINE SALAD MINI CARROTS, ORANGE PEACHES	7 B PORTUGUESE SAUSAGE, BISCUIT ORANGE PINEAPPLE CHUNKS L CHICKEN SANDWICH, RAINBOW SALAD, TOMATO WEDGE, EDAMAME, PINEAPPLE CHUNKS MIXED FRUIT
2 B CEREAL W/TOAST POWER PUNCH JUICE PINEAPPLE CHUNKS L CHICKEN TENDERS, ROLL BAKED BEANS, HOT CORN BROCCOLI & CARROTS, FRUIT SLUSHY, PINEAPPLE CHUNKS	11 B PIZZA BAGEL ORANGE SLICED PEACHES L CHEESEBURGER POTATO WEDGES, MINI CARROTS, ORANGE, MIXED FRUIT	12 B CEREAL W/ TOAST POWER PUNCH JUICE PEACHES L PEPPERONI PIZZA, ROMAINE SALAD, MINI CARROTS, POWER PUNCH JUICE PINEAPPLE CHUNKS	13 B CINNAMON RAISIN BAGEL HAM LINK, APPLE L TURKEY PASTRAMI, VEGGIE STICKS W/DIP EDAMAME, APPLE	14 B COFFEE CAKE ORANGE FRUIT COCKTAIL L HOT DOG W/BUN, ROMAINE SALAD, MINI CARROTS SLICED PEACHES PINEAPPLE CHUNKS
3 B Dr. Martin Luther King Jr. Day  L	18 B CEREAL W/ TOAST POWER PUNCH JUICE PEACHES L CHICKEN PATTY W/GRAVY, ROLL POTATO WEDGES, BAKED BEANS, MINI CARROTS, BROCCOLI FLORETS POWER PUNCH JUICE, PEACHES	19 B HAM LINKS BISCUIT APPLE L CHEESE PIZZA, ROMAINE SALAD, MINI CARROTS APPLE	20 B CEREAL W/ TOAST POWER PUNCH JUICE FRUIT COCKTAIL L FISH SANDWICH, VEGGIE STICKS W/DIP, EDAMAME APPLE	21 B BELGIAN WAFFLE W/SYRUP ORANGE FRUIT COCKTAIL L GRILLED CHICKEN STRIPS W/ TERI SAUCE, BROCCOLI FLORETS ROMAINE SALAD, ROLL, PINEAPPLE CHUNKS
1 B CEREAL W/TOAST POWER PUNCH JUICE PINEAPPLE CHUNKS L POPCORN CHICKEN, ROLL MINI CARROTS POWER PUNCH JUICE SLICED PEACHES	25 B PANCAKE W/SYRUP ORANGE CRAISIN L TERIBURGER, BAKED BEANS MINI CARROTS, BROCCOLI FLORETS, APPLE	26 B SOUTHERN PORK LINKS BISCUIT APPLE L CHICKEN SANDWICH, RAINBOW SALAD, TOMATO WEDGE, EDAMAME, PINEAPPLE CHUNKS MIXED FRUIT	27 B CEREAL W/TOAST POWER PUNCH JUICE FRUIT COCKTAIL L CHEESE BITES, ROMAINE SALAD MINI CARROTS, ORANGE PEACHES	28 B PORTUGUESE SAUSAGE, BISCUIT ORANGE PINEAPPLE CHUNKS L FISH SANDWICH, BABY CARROTS BROCCOLI FLORETS, CUCUMBER STICKS, CELERY STICKS, FRUIT SLUSHY, MIXED FRUIT

ALL STEAMED RICE IS 100% BROWN RICE

WG= WHOLE GRAIN

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"