

Kualapu'u Public Conversion Charter School

Breakfast & Lunch Menu

Whole Grain 100% Steamed Rice, Dairy 1% Milk

SUBJECT TO CHANGE WITHOUT NOTICE

January 2023

Mon	Tue	Wed	Thu	Fri
2 No School Happy New Year	3 No School Teacher Work Day	4 Breakfast Square Fruit Cocktail, Apple Or Honey Nut Chex Tuna Sandwich Veggie Sticks Potato Rounds Applesauce	5 French Toast Sticks Peaches, Craisins Or Honey Nut Chex Beans & Franks Rice, Rainbow Salad Tomato Slice Orange	6 Pizza Bagel Fruit Cocktail, Juice or Honey Nut Chex Sloppy Joe Broccoli & Carrots Potato Rounds Fruit Slushy
9 Oatmeal w/Toast Fruit Juice, Peaches Or Fruity Cheerios Beef Patty w/Gravy Steamed Rice Broccoli & Carrots Roll, Apple	10 Breaded Chicken Patty Rice, Juice, Cocktail Or Fruity Cheerios Fish Sandwich Potato Rounds Rainbow Salad Edamame, Peaches	11 Yogurt w/Granola Pears, Orange Or Fruity Cheerios Cheese Bites Broccoli & Corn Baked Beans Pineapple	12 Cinnamon Waffle Applesauce, Fruit Juice Or Fruity Cheerios Creole Macaroni Spinach Salad, Baby Carrots, Peaches Roll	13 Fruit Muffin Pineapple, Apple Or Fruity Cheerios Chicken Patty w/Gravy Whipped Potato Corn & Carrots Fruit Cocktail
16 No School Dr. Martin Luther King Jr. Day	17 Breakfast Square Fruit Cocktail, Apple Cinnamon Toast Crunch Tasty Tenders Rice, Corn & Edamame Peaches	18 Beef Franks Rice, Pineapple, Juice Cinnamon Toast Crunch Chili & Chips Cole Slaw Cucumber Pineapple	19 Cinnamon Roll Peaches, Craisins Cinnamon Toast Crunch Weiner in a Roll Broccoli & Carrot Potato Rounds Fruit Slushy	20 Portuguese Sausage Rice, Pineapple, Apple Cinnamon Toast Crunch Beef Patty Sandwich Carrot & Celery Sticks Potato Rounds Orange
23 Plain Bagel w/cream cheese, Pears Orange or Cheerios Chicken Patty Sandwich Broccoli & Carrots Potato Rounds Fruit Cocktail	24 Breakfast Kit Apple or Cheerios Mac 'n Cheese Spinach/Romaine Salad Baby Carrots Pineapple	25 Oatmeal w/Toast Pineapple, Fruit Juice Or Cheerios Hamburger Curry Rice, Spinach Salad Baby Carrots Pears	26 Pork Sausage Patty Toast, Peaches Applesauce or Cheerios Pepperoni Pizza Carrots & Celery Sticks Edamame Orange	27 Fruit Muffin Fruit Cocktail, Apple Or Cheerios Roast Pork & Gravy Rice, Broccoli & Corn Pineapple
30 Breaded Chicken Patty Toast, Applesauce Juice or Honey Nut Chex Teri Burger Rice, Corn & Carrots Pears, Roll	31 Country Scramble Rice, Pineapple, Peach or Honey Nut Chex Tuna & Chips Carrot & Celery Sticks Potato Rounds Fruit Slushy			

“This institution is an equal opportunity provider.”