

Hale Kealoha - `Ai Pono

September 2010

Breakfast Menu

Hakipu'u Learning Center, Ke Kula O Samuel M. Kamakau, and University
Laboratory

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Bagel Papaya `Ai Pono Cereal	2 Wheat French Toast Cantaloupe Yogurt	3 `Ai Pono Loco Moco Orange Wedges
6 No School "Labor Day"	7 Taro Muffin Banana `Ai Pono Cereal	8 Fried Rice Corn beef Hash Patty Fruit Salad	9 Oatmeal Wheat Toast Pineapple and Grapes	10 Breakfast Sandwich Fruit Parfait
13 Croissant Granola Yogurt Apple Juice	14 Breakfast Musubi Apple Wedges	15 Banana Muffin Cantaloupe `Ai Pono Cereal	16 Breakfast Burrito Orange Juice	17 Grilled Cheese Sandwich Papaya
20 Poi Pancake Banana Yogurt	21 Bagel Papaya `Ai Pono Cereal	22 Wheat French Toast Cantaloupe Yogurt	23 `Ai Pono Loco Moco Orange Wedges	24 Taro Muffin Banana `Ai Pono Cereal
27 Fried Rice Corn beef Hash Patty Fruit Salad	28 Oatmeal Wheat Toast Pineapple and Grapes	29 Breakfast Sandwich Fruit Parfait	30 Croissant Granola Yogurt Apple Juice	

*All Meals Include a Choice of Half-Pint 1% or Skim Milk

*Menu may be subject to change

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USDA is an equal opportunity provider and employer"

Ke Kula O Samuel M. Kamakau

Parent Name: _____ Contact # _____
Address: _____ Email _____
Student Name: _____ Grade: _____

September
Cost per breakfast \$1.75

Please make an "X" by each day you would like to purchase lunch.			
Date:	Day	Pre-Paid	
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6			A'ohe Kula Labor day
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Hale Kealoha - 'Ai Pono

Kepakemapa 2010

LUNCH

Ke Kula O Samuel M. Kamakau, Punana Leo O Ke Kula O Samuel M. Kamakau, Punana Leo O Honolulu, Punana Leo O kawaihāo

<i>Po'akahi</i>	<i>Po'alua</i>	<i>Po'akolu</i>	<i>Po'aha</i>	<i>Po'alima</i>
		1 Teriyaki Chicken Steamed Rice Toss Green Salad w/ dressing Fresh Pineapple Slices Roll	2 Beef Stew Poi Steamed Rice Apple Wedges Roll	3 Chicken Taco Salad Uala Slices Orange Wedges Corn Bread
6 <i>A'ohe Kula</i> <i>La Limahana</i>	7 Beef Broccoli Steamed Rice Orange Wedges Roll	8 Kalo Fish Burger Lettuce & Tomato Celery & Carrot Sticks Cantaloupe Chunks Baked Chips	9 Turkey Meat Loaf w/ Gravy Steamed Rice Hot Veggies Apple Wedges Roll	10 Fish Stew Steamed Rice Fruit Salad Roll
13 Teri Beef Steamed Rice Toss salad w/dressing Fruit Salad Cornbread	14 Kalua Turkey w/Cabbage Poi Steamed Rice Fresh Pineapple Chunks Sweet Bread	15 Fish Stir Fry Steamed Rice Banana Roll	16 Turkey Sub Sandwich Lettuce & Tomato Celery & Carrot Sticks Orange Wedges Baked Chips	17 Hawaiian Chicken Stew Steamed Rice Apple Wedges Roll
20 Beef Hekka Steamed Rice Pineapple Chunks Roll	21 Chicken Long Riee Steamed Rice Steamed Veggies Fruit Salad Roll	22 Chicken Curry Stew Steamed Rice Fruit Salad Roll	23 Lawalu Mahimahi Poi Steamed Rice Limu Toss Salad Watermelon Sweet Bread	24 Turkey Ulu Burger Lettuce & Tomato Celery & Carrot Sticks Orange Slices Baked Chips <i>Punana Leo: A'ohe Kula</i>
27 Chicken Pasta Toss Salad w/dressing Fruit Salad French Bread	28 Beef Tomato Steamed Rice Uala Slices Orange Wedges Roll	29 Spaghetti w/Meat Sauce Toss Salad w/dressing Fruit Salad French Bread	30 Furikake Mahimahi Poi Steamed Rice Toss Limu Salad Fresh Cantaloupe Chunks Sweet Bread	

Ke Kula O Samuel M. Kamakau

Parent Name: _____ Contact # _____
Address: _____ Email _____
Student Name: _____ Grade: _____

September
Cost per lunch \$2.50

Please make an "X" by each day you would like to purchase lunch.			
Date:	Day	Pre-Paid	
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