

WAIPAHU INTER. SCHOOL

BREAKFAST & LUNCH MENU

APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY						
B: Cinnamon Roll, Fresh Fruit, Apple Juice Lunch: Hot Dog in Bun, Fries, Veggie Sticks w/ dip, Fruit Slushy	1	B: Ham & Cheese Roll, Canned, Fruit, Fresh Fruit Lunch: Chicken Pattie Sandwich, Veggie Sticks w/ dip, Baked Beans, Fresh Fruit	2	B: Turkey Sausage Egg Sliders, Canned Fruit, & Fresh Fruit Lunch: Beef Stew, Rice, Broccoli w/ corn, Fresh Fruit	3	B: Fried Rice, Portuguese Sausage Fresh Fruit, & Orange juice Lunch: Korean Chicken, Rice, Spinach & Romaine Salad, Carrots & Edamame, Fresh Fruit	4	B: Applesauce Muffin, Fresh Fruit Grape juice Lunch: Roast Pork w gravy, Rice, Corn, Rainbow salad, Fresh Fruit	5	
B: Pepperoni Pizza Stix, Fresh Fruit, Canned Fruit Lunch: Fish Sandwich, Rainbow Salad Edamame, Grape Juice	8	B: Pig in the Blanket, Fresh Fruit, Apple juice Lunch: Hamburger Steak w/ gravy, Rice Corn & Carrots, Fresh Fruit	9	B: Pork Sausage Patty, Rice, Canned Fruit, & Fresh Fruit Lunch: Vegetarian Pizza, Fresh Fruit Spinach & Romaine Salad Veggie Sticks w/ dip	10	B: Fruit Bread/ Muffin, Fresh Fruit, & Orange juice Lunch: BBQ Pork Sandwich, Fries Coleslaw, Canned Fruit	11	B: Fried Rice, Portuguese Sausage Fresh Fruit, & Grape juice Lunch: Asian Style Chicken, Rice Carrots w/ Edamame, Apple Wedge	12	
B: Cinnamon Roll, Fresh Fruit, Canned Fruit Lunch: Hamburger, Fries, Veggie Sticks w/ Hummus Fresh Fruit	15	B: Portuguese Sausage, Rice, Fresh Fruit, & Applesauce Lunch: Chicken Patty w/ gravy, Rice Broccoli & Carrots, Apple Wedge	16	B: Pizza Bagel, Fresh Fruit, Canned Fruit Lunch: Creole Macaroni Spinach & Romaine Salad Canned Fruit	17	B: Breakfast Chicken Patty w/ Country gravy, Rice, Fresh Fruit, & Grape juice Lunch: Pastrami Sandwich Veggie Sticks w/ dip, Edamame, Fresh Fruit	18	GOOD FRIDAY		19
B: Pepperoni Pizza Stix, Orange Wedges, & Apple juice Lunch: Tuna Salad Sandwich, Fries, Fruit Slushy, Veggie Sticks w/ dip	22	B: Plain Bagel w/ cream cheese, Canned Fruit, & Fresh Fruit Lunch: Chicken Tenders, Steamed Rice Broccoli & Corn, Fresh Fruit	23	B: WG Pancakes w/ syrup, Canned Fruit, & Fresh Fruit Lunch: Cheese Pizza, Canned Fruit, Spinach & Romaine salad Edamame, Carrots	24	B: Fruited Bread/ Muffin, Orange Juice, Fresh Fruit Lunch: Sloppy Joe, Baked Beans, Veggie Sticks w/ dip, Fresh Fruit	25	B: Southern Pork Links, Rice, Fresh Fruit, & Grape juice Lunch: Chicken Pasta Florentine Rainbow Salad, Fresh Fruit	26	
B: Cinnamon Raisin Bagel, Cream cheese, Canned Fruit, & Fresh Fruit Lunch: Popcorn Chicken, Rice Corn & Carrots, Fresh Fruit	29	B: Coffee Cake, Fresh Fruit, & Canned Fruit Lunch: Crispy Nachos w/ Beef & Cheese Spinach & Romaine Salad Veggie Sticks w/ dip, Fresh Fruit	30	B: Fruit Yogurt Bowl w/ Granola, Toast, Fresh Fruit, & Apple Juice Lunch: Kalua Pork w/ Cabbage Rice, Lomi Tomato, Canned Fruit	1	B: Breakfast Chicken Pattie, Rice, Fresh Fruit, Orange Juice Lunch: Hot Turkey Sandwich, Whipped Potatoes, Carrots & Edamame, Apple Wedge	2	B: Pizza Bagel, Fresh Fruit, & Grape Juice Lunch: Sweet & Sour Pork Rice, Rainbow Salad, Edamame, Grape juice	3	

Daily Alternate Breakfast Choices: Alt. #1 Cereal & Toast, Alt. #2 Yogurt and Toast, Alt. #3 Cereal & Yogurt, Alt. #4 Toast w/ jelly, & Alt. #5 Cheese Toast. All meals include a choice of 1/2pt 1% or Chocolate Skim Milk. Menu subject to change without notice. "This Institution is an equal opportunity provider."