



KAIMUKI MIDDLE SCHOOL MENU

November 2017

Brk: Breakfast
Alt. Brk. Alternate Breakfast
Off: Offered Breakfast Items
L: Lunch

All Meals Include 1/2 Pint Milk

Menu Subject to Change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
Brk		Brk		Brk	Ham & Cheese Quesadilla w/ Grape Juice	1	Brk	Breakfast Smoothie w/ Cinn. Toast	2	Brk	Baked Turkey Ham w/ School Made Biscuit & Grape Juice	3	
Alt		Alt		Alt	Yogurt w/ Toast & Grape Juice		Alt	Cereal w/ Cinnamon Toast & Mixed Fruits		Alt	Yogurt w/ Toast & Grape Juice		
Brk		Brk		Brk	Strawberries, Jelly		Brk	Craisins		Brk	Peaches, Jelly		
Off		Off		Off			Off			Off			
L-		L-		L-	Popcorn Chicken w/Gravy, Whip. Potato, Rstd. Veggies, Apple, Fruit Muffin		L-	Italian Sausage & Cheese Pizza, Baked Beans, House Salad, Baby Carrots, Orange Juice		L-	Kalua Pork w/Cabbage, Rice, Lomi Tomato Salad, Pineapple Chunks		
Brk Belgian Waffle w/Syrup & Apple Juice		Brk Pork Patty Sausage w/Biscuit, Gravy, & Peaches		Brk French Toast w/Syrup & Grape Juice		Brk Ham & Cheese Quesadilla with Pineapple Chunks		Brk				Brk	
6		7		8		9						10	
Alt	Yogurt w/Toast & Apple Juice	Alt	Cereal w/Cinnamon Toast & Peaches	Alt	Yogurt w/Toast & Grape Juice	Alt	Cereal w/ Toast & Pineapple Chunks	Alt	Brk	Off		Alt	
Brk	Mixed Fruits & Jelly	Brk	Craisins	Brk	Strawberries & Jelly	Brk	Orange Wedges & Jelly	Brk	Off		Brk		Off
L-	Breaded Chicken Nuggets, Rice, Rstd. Veggies, Hummus, Baby Carrots, Pineapple Chunks	L-	Beef Stew, Rice, House Salad, Mixed Fruits, W.G. Roll	L-	Wiener in a Roll, Tater Tots, House Salad, Apple, Shortbread Cookie	L-	Creole Macaroni, House Salad, Fruit Slushy, French Bread Slice	L-		L-		L-	
Brk Pepperoni Pizza Stix w/ Grape Juice		Brk Frankfurter w/Rice & Orange Juice		Brk Pineapple Coffee Cake w/Pork Link Sausage & Apple Juice		Brk Breakfast Smoothie w/Cinn. Toast		Brk		Brk		Brk	
13		14		15		16						17	
Alt	Yogurt w/ Toast & Grape Juice	Alt	Cereal w/ Toast & Orange Juice	Alt	Yogurt w/Toast & Apple Juice	Alt	Cereal w/Cinnamon Toast & Banana	Alt	Brk	Off		Alt	
Brk	Orange Wedges & Jelly	Brk	Peaches & Jelly	Brk	Mixed Fruits & Jelly	Brk	Apple Wedges	Brk	Off		Brk		Off
L-	Chili & Cheese w/Potato Wedges, Rainbow Salad, Honeydew Melon	L-	Fried Saimin, Egg Roll, House Salad, Grape Tomato, Grape Juice	L-	Pepperoni Pizza, Cole Slaw, Broccoli Florets, Baby Carrots, Peaches	L-	Wiener in a Roll, Baked Beans, Rainbow Salad, Fruit Slushy	L-		L-		L-	Pork Gisantes, Rice, Broccoli & Carrots, Cantaloupe
Brk Pizza Bagel w/ Mixed Fruits		Brk Pancakes w/Syrup & Grape Juice		Brk Portuguese Sausage w/Rice & Grape Juice		Brk		Brk		Brk		Brk	
20		21		22		23						24	
Alt	Yogurt w/ Toast & Mixed Fruits	Alt	Cereal w/ Toast & Grape Juice	Alt	Yogurt w/ Toast & Grape Juice	Alt		Alt		Alt		Alt	
Brk	Craisins & Jelly	Brk	Strawberries & Jelly	Brk	Peaches & Jelly	Brk		Brk		Brk		Brk	
L-	Teri Cheese Burger, Baked Beans, House Salad, Baby Carrots, Orange Juice	L-	Beef & Bean Burrito, Curly Fries, Lettuce Leaf, Tomato Slice, Cantaloupe	L-	Turkey Pastrami Sandwich, House Salad, Baby Carrots, Mixed Fruits	L-		L-		L-		L-	
Brk Maple Wrap w/ Peaches		Brk Breakfast Chicken Patty w/Rice & Apple Juice		Brk Banana Bread w/ Orange Juice		Brk		Brk		Brk		Brk	
27		28		29		30						1	
Alt	Yogurt w/ Toast & Peaches	Alt	Cereal w/ Toast & Apple Juice	Alt	Yogurt w/ Toast & Orange Juice	Alt	Cereal w/ Toast & Grape Juice	Alt	Brk	Off		Alt	
Brk	Craisins & Jelly	Brk	Mixed Fruits & Jelly	Brk	Pineapple Chunks & Jelly	Brk	Strawberries & Jelly	Brk	Off		Brk		Off
L-	Vegetarian Patty w/ Gravy, Rice, Rstd. Veggies, Hummus, Baby Carrots, Pineapple Chunks	L-	Cheesy Chili Tots, House Salad, Apple, Shortbread Cookie	L-	BBQ Pork Sandwich, Asian Slaw, House Salad, Fruit Slushy, Orange Wedges	L-	Cheese Pizza, House Salad, Mixed Fruits	L-		L-		L-	Chinese Rstd. Chicken on Shredd. Cabbage, Rice, Edamame, Corn, & Carrots, Orange Wedge, Roll

This Institution is an Equal Opportunity Provider