








All meals include a choice of either fat-free or 1%, chocolate or white milk.

# November 2023 Breakfast and Lunch Menu

Check the Nutrislice website for the daily breakfast option at Ke'elikōlani Middle School.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast Pizza Bagel Fresh Fruit Pears *****  Cheese Pizza Cucumber Sticks Edamame, Dressing Apple 	2 Coffee Cake Muffin Bar Pork Sausage Patty Applesauce, Craisins ***** Chili & Cheese Nachos Green Salad, Dressing Salsa Cup Strawberry Kiwi Juice	3 Pork Sausage Patty Brown Rice, Fresh Fruit Strawberry Kiwi Juice ***** Roasted Turkey with Gravy Whipped Potatoes Zucchini, Whole Grain Roll Mixed Fruit
6 Plain Bagel Cream Cheese Cup, Pears Strawberry Apple Crisps ***** Tasty Tenders Brown Rice, Dipping Sauce Broccoli, Baked Beans Orange Fruit Gel	7 Portuguese Sausage Brown Rice, Fresh Fruit Pineapple Chunks ***** Cheeseburger with Bun Lettuce Leaf & Tomato Slice Potato Wedges, Oranges Cucumber Sticks, Dressing	8 Country Gravy Pizza Fresh Fruit Strawberry Kiwi Juice ***** Chicken Potstickers (Gyoza) Dipping Sauce, Baby Carrots Cucumber Sticks, Dressing Fruit Punch Juice	9 Cheese-stuffed Breadstick Marinara Sauce Cup Fresh Fruit ***** Creole Macaroni with Cheese Green Salad, Dressing Corn, Whole Grain Roll Sliced Peaches	10  <b>THANK YOU, VETERANS            WE SALUTE YOU            HAPPY VETERANS DAY</b>
13 Cinnamon Belgian Waffle Maple Syrup Sliced Peaches, Craisins ***** Macaroni & Cheese Steamed Carrots Broccoli Fruit Slushie	14 Portuguese Sausage Brown Rice, Applesauce Pineapple Chunks ***** Fish Fillet Sandwich Lettuce Leaf & Tomato Slice Cucumber Sticks, Nacho Chips Strawberry Fruit Gel	15 Cheese-stuffed Breadstick Marinara Sauce Cup Fresh Fruit ***** Hot Dog with Bun Tater Tots Colelaw Apple	16 Banana Bread Pork Sausage Patty Fresh Fruit, Grape Juice ***** Pepperoni Pizza Baby Carrots Cucumber Sticks, Dressing Oranges	17 Cinnamon Toast Vanilla or Summer Berry Yogurt Applesauce, Fresh Fruit ***** Kalua Pork and Cabbage Brown Rice Lomi Tomato (Pico de Gallo) Edamame, Pineapple Chunks
20 Plain Bagel Cream Cheese Cup Sliced Peaches, Mixed Fruit ***** Cheese Bites Marinara Sauce Cup Cucumber Sticks, Dressing Apple	21 Breakfast Chicken Patty Brown Rice, Pears Strawberry Kiwi Juice ***** Chicken Tenders Brown Rice, Dipping Sauce Baby Carrots, Edamame Strawberry Fruit Gel	22 Breakfast Pizza Pineapple Chunks Fresh Fruit ***** Roasted Turkey with Gravy Mashed Potatoes, Baked Beans Colelaw, Craisins Pumpkin Pie	23 Happy Thanksgiving! 	24 
27 French Toast Sticks Maple Syrup, Pineapple Chunks Strawberry Apple Crisps ***** Beef Patty with Gravy Brown Rice Steamed Carrots, Baked Beans Fruit Slushie	28 Portuguese Sausage Brown Rice, Fresh Fruit Sliced Peaches ***** Chicken Patty Sandwich Lettuce Leaf & Tomato Slice Tater Tots, Apple Chicken Noodle Soup	29 Breakfast Pizza Bagel Fresh Fruit Pears ***** Cheese Pizza Cucumber Sticks Edamame, Dressing Apple	30 Coffee Cake Muffin Bar Pork Sausage Patty Applesauce, Craisins ***** Chili & Cheese Nachos Green Salad, Dressing Salsa Cup Strawberry Kiwi Juice	

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."

Menu is subject to change without notice.