

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

# October 2024 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 Oranges ***** Chicken Patty Sandwich Lettuce Leaf & Tomato Slice Ketchup, Mayonnaise Tater Tots, Fresh Fruit	2 Breakfast Chicken Patty Brown Rice, Ketchup Strawberry Apple Crisps ***** Chili & Cheese Nachos Salsa Cup Green Salad, Dressing Strawberry Kiwi Juice	3 Coffee Cake Muffin Bar Turkey Sausage Links Oranges ***** Beef Patty with Gravy Brown Rice Steamed Carrots, Edamame Fruit Slushie	4 Portuguese Sausage Brown Rice, Ketchup Unsweetened Applesauce 😊😊😊 <i>World Smile Day</i> 😊😊😊 Roasted Turkey with Gravy Whipped Potatoes Zucchini, Whole Grain Roll Mixed Fruit
7 Fall Break 	8 Fall Break 	9 NO SCHOOL Fall Break 		11 Fall Break 
14 Cinnamon Belgian Waffle Chicken Tenders, Fresh Fruit Strawberry Kiwi Juice ***** Three Bean Chili Mac Steamed Carrots Broccoli Fruit Slushie	15 Cheese-stuffed Breadstick Marinara Sauce Cup ***** Hot Dog with Bun Tater Tots Baby Carrots Fresh Fruit	16 Portuguese Sausage Brown Rice, Ketchup Unsweetened Applesauce ***** Pepperoni Pizza Baby Carrots Cucumber Sticks, Dressing Fresh Fruit	17 Cinnamon Toast Vanilla or Summer Berry Yogurt Craisins ***** Hamburger with Bun Lettuce Leaf & Tomato Slice Potato Wedges, Fresh Fruit Cucumber Sticks, Dressing	18 Banana Bread Turkey Sausage Links Strawberry Apple Crisps ***** Kalua Pork and Cabbage Brown Rice Edamame, Lomi Tomato Pineapple Chunks
21 Plain Bagel Cream Cheese Cup Strawberry Apple Crisps ***** Cheese Bites Marinara Sauce Cup Cucumber Sticks, Dressing Fresh Fruit	22 Breakfast Pizza Oranges ***** BBQ Pork Sandwich Tater Tots, Ketchup Coleslaw, Baked Beans Sliced Peaches	23 Breakfast Chicken Patty Brown Rice Ketchup, Craisins ***** Mini Turkey Corn Dogs Baby Carrots, Cucumber Sticks Dipping Sauce, Dressing Fresh Fruit	24 Country Breakfast Scramble Brown Rice Salsa Cup ***** Chicken Tenders Tater Tots, Dipping Sauce Baby Carrots, Edamame, Dressing, Orange Fruit Gel	25 Cinnamon Roll Pork Sausage Patty Strawberry Apple Crisps ***** Hamburger Curry Brown Rice, Green Salad Cucumber Sticks, Dressing Strawberry Kiwi Juice
28 French Toast Sticks Maple Syrup Strawberry Kiwi Juice ***** Cheese Pizza Cucumber Sticks Edamame, Dressing Fresh Fruit	29 Breakfast Pizza Bagel Oranges ***** Chicken Patty Sandwich Lettuce Leaf & Tomato Slice Ketchup, Mayonnaise Tater Tots, Fresh Fruit	30 Breakfast Chicken Patty Brown Rice, Ketchup Strawberry Apple Crisps ***** Chili & Cheese Nachos Salsa Cup Green Salad, Dressing Strawberry Kiwi Juice	31 Coffee Cake Muffin Bar Turkey Sausage Links Oranges Happy Halloween 🎃 Beef Patty with Gravy Brown Rice Steamed Carrots, Edamame Fruit Slushie	

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."

Menu is subject to change without notice.