

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



October 2025 Breakfast and Lunch Menu



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

Monday	Tuesday	Wednesday	Thursday	Friday
OCTOBER IS NATIONAL BULLYING PREVENTION MONTH	October is National ADHD Awareness Month	1 Applesauce Bread Turkey Sausage Pineapple Chunks, Raisins **National Pumpkin Spice Day** Chili & Cheese Nachos Refried Beans Salsa Cup, Green Salad Strawberry Kiwi Juice	2 Cheese Stick Orange Marinara Sauce ***** Hot Dog with Bun Tater Tots Celery Orange	3 Cinnamon Roll Turkey Links Mixed Fruit, Peaches ***** Kalua BBQ Pork Sandwich Carrots, Celery Sweet Potato Mash Blueberry Crunchables
6	7	Fall Break		10
13	14	15	16	17
Pancake Bites Mixed Fruit Diced Pears *Indigenous Peoples' Day* Chile Relleno Salsa Cup Green Salad Orange Fruit Gel	Ham & Cheese Croissant Orange Strawberry Crunch ***** Chicken Patty Sandwich Lettuce & Tomato Potato Wedges Orange	Uala Yogurt Bowl Pineapple Chunks Strawberry Crunchables ***** Hamburger Curry Steamed Rice Asian Coleslaw Edamame, Orange	Chicken Patty Steamed Rice Applesauce, Fruit Juice ***** Chicken Potstickers (Gyoza) Cucumber Pickles Steamed Broccoli Tropical Punch Raisins	Cinnamon Roll Turkey Links Orange, Sliced Peaches ***** Kalua Pork with Cabbage Steamed Rice Lomi Tomato, Sweet Potato Pineapple Chunks
20	21	22	23	24
Fiesta Empanada Diced Pears Fruit Juice ***** Lasagna Roll-Up Corn Broccoli Pineapple Chunks	Scramble Egg & Cheese With Baby Bakers Salsa Cup, Orange ***** Pepperoni Pizza Carrots Celery Orange	Guava Pastry Boiled Eggs Diced Pears, Sliced Peaches ***** Fish Fillet Sandwich Lettuce & Tomato Celery, Chips Strawberry Fruit Gel	Bagel with Cream Cheese Pineapple Chunks Apple ***** Chicken Tenders Mac & Cheese Orange, Edamame Steamed Carrots	Portuguese Sausage Steamed Rice, Orange Blueberry Crunchables ***** Baked Korean Chicken Steamed Rice Steamed Carrots, Corn POG Slushie
27	28	29	30	31
Mini Blueberry Pancakes Strawberry Crunchables Mixed Fruit ***** Plant Bites with Rice Baked Beans Steamed Broccoli Strawberry Cup	Breakfast Chicken Patty Waffles Orange, Veggie Juice **Parent-Teacher Conferences** Grilled Chicken Pasta Green Salad, Cucumbers Diced Tomato Orange	Applesauce Bread Turkey Sausage Pineapple Chunks, Raisins **Parent-Teacher Conferences** Chili & Cheese Nachos Salsa Cup, Refried Beans Green Salad Strawberry Kiwi Juice	Cheese Stick Marinara Sauce Orange **Parent-Teacher Conferences** Hot Dog with Bun Tater Tots Celery Orange	Cinnamon Roll Turkey Links Mixed Fruit, Peaches *Happy Halloween* Kalua BBQ Pork Sandwich Carrots, Celery Sweet Potato Mash Blueberry Crunchables

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."

Menu is subject to change without notice.