

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

October 2023 Breakfast and Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 French Toast Sticks Maple Syrup, Pineapple Chunks Strawberry Apple Crisps ***** Beef Patty with Gravy Brown Rice Steamed Carrots, Baked Beans Fruit Slushie</p>	<p>3 Portuguese Sausage Brown Rice, Fresh Fruit Sliced Peaches ***** Chicken Patty Sandwich Lettuce Leaf & Tomato Slice Tater Tots, Apple Chicken Noodle Soup</p>	<p>4 Breakfast Pizza Bagel Fresh Fruit Pears ***** Cheese Pizza Cucumber Sticks Edamame, Dressing Apple</p>	<p>5 Coffee Cake Muffin Bar Pork Sausage Patty Applesauce, Craisins ***** Chili & Cheese Nachos Green Salad, Dressing Salsa Cup Strawberry Kiwi Juice</p>	<p>6 Pork Sausage Patty Brown Rice, Fresh Fruit Strawberry Kiwi Juice ***** Roasted Turkey with Gravy Whipped Potatoes Zucchini, Whole Grain Roll Mixed Fruit</p>
<p>9 Fall Break</p>	<p>10 Fall Break</p>	<p>11 Fall Break</p>	<p>12 Fall Break</p>	<p>13 Fall Break</p>
<p>16 Cinnamon Belgian Waffle Maple Syrup Sliced Peaches, Craisins ***** Macaroni & Cheese Steamed Carrots Broccoli Fruit Slushie</p>	<p>17 Portuguese Sausage Brown Rice, Applesauce Pineapple Chunks ***** Fish Fillet Sandwich Lettuce Leaf & Tomato Slice Cucumber Sticks, Nacho Chips Strawberry Fruit Gel</p>	<p>18 Cheese-stuffed Breadstick Marinara Sauce Cup Fresh Fruit ***** Hot Dog with Bun Tater Tots Coleslaw Apple</p>	<p>19 Banana Bread Pork Sausage Patty Fresh Fruit, Grape Juice ***** Pepperoni Pizza Baby Carrots Cucumber Sticks, Dressing Oranges</p>	<p>20 Cinnamon Toast Vanilla or Summer Berry Yogurt Applesauce, Fresh Fruit ***** Kalua Pork and Cabbage Brown Rice Lomi Tomato (Pico de Gallo) Edamame, Pineapple Chunks</p>
<p>23 Plain Bagel Cream Cheese Cup Sliced Peaches, Mixed Fruit ***** Cheese Bites Marinara Sauce Cup Cucumber Sticks, Dressing Apple</p>	<p>24 Breakfast Chicken Patty Brown Rice, Pears Strawberry Kiwi Juice ***** Chicken Tenders Brown Rice, Dipping Sauce Baby Carrots, Edamame Strawberry Fruit Gel</p>	<p>25 Breakfast Pizza Pineapple Chunks Fresh Fruit ***** BBQ Pork Sandwich Tater Tots, Baked Beans Coleslaw, BBQ Sauce Sliced Peaches</p>	<p>26 Country Breakfast Scramble Brown Rice, Salsa Cup Fresh Fruit ***** Mini Turkey Corn Dogs Baby Carrots, Cucumber Sticks Dipping Sauce, Dressing Oranges</p>	<p>27 Cinnamon Roll Strawberry Apple Crisps Fresh Fruit ***** Hamburger Curry Brown Rice Corn, Green Salad, Dressing Cranberry Raspberry Juice</p>
<p>30 French Toast Sticks Maple Syrup, Pineapple Chunks Strawberry Apple Crisps ***** Beef Patty with Gravy Brown Rice Steamed Carrots, Baked Beans Fruit Slushie</p>	<p>31 Portuguese Sausage Brown Rice, Fresh Fruit Sliced Peaches ***** Chicken Patty Sandwich Lettuce Leaf & Tomato Slice Tater Tots, Apple Chicken Noodle Soup</p>			

“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.”

Menu is subject to change without notice.