

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

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

September 2023 Breakfast and Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | | 1 Cinnamon Roll Strawberry Apple Crisps Fresh Fruit ***** Hamburger Curry Brown Rice Corn, Green Salad, Dressing Cranberry Raspberry Juice |
| 4 Labor Day Holiday No School | 5 Portuguese Sausage Brown Rice, Fresh Fruit Sliced Peaches ***** Chicken Patty Sandwich Lettuce Leaf & Tomato Slice Tater Tots, Apple Chicken Noodle Soup | 6 Breakfast Pizza Bagel Fresh Fruit Pears ***** Cheese Pizza Cucumber Sticks Edamame, Dressing Apple | 7 French Toast Sticks Maple Syrup, Pineapple Chunks Strawberry Apple Crisps ***** Beef Patty with Gravy Brown Rice Steamed Carrots, Baked Beans Fruit Slushie | 8 Pork Sausage Patty Brown Rice, Fresh Fruit Strawberry Kiwi Juice ***** Chili & Cheese Nachos Green Salad, Dressing Salsa Cup Strawberry Kiwi Juice |
| 11 Plain Bagel Cream Cheese Cup, Pears Strawberry Apple Crisps ***** Tasty Tenders Brown Rice, Dipping Sauce Broccoli, Baked Beans Orange Fruit Gel | 12 Portuguese Sausage Brown Rice, Fresh Fruit Pineapple Chunks ***** Cheeseburger with Bun Lettuce Leaf & Tomato Slice Potato Wedges, Oranges Cucumber Sticks, Dressing | 13 Country Gravy Pizza Fresh Fruit Strawberry Kiwi Juice ***** Chicken Potstickers (Gyoza) Dipping Sauce, Baby Carrots Cucumber Sticks, Dressing Fruit Punch Juice | 14 Cheese-stuffed Breadstick Marinara Sauce Cup Fresh Fruit ***** Creole Macaroni with Cheese Green Salad, Dressing Corn, Whole Grain Roll Sliced Peaches | 15 Cinnamon Bread Pudding Craisins Sliced Peaches ***** Baked Chicken with Gravy Brown Rice Steamed Carrots, Edamame Pears |
| 18 Cinnamon Belgian Waffle Maple Syrup Sliced Peaches, Craisins ***** Macaroni & Cheese Steamed Carrots Broccoli Fruit Slushie | 19 Portuguese Sausage Brown Rice, Applesauce Pineapple Chunks ***** Fish Fillet Sandwich Lettuce Leaf & Tomato Slice Cucumber Sticks, Nacho Chips Strawberry Fruit Gel | 20 Cheese-stuffed Breadstick Marinara Sauce Cup Fresh Fruit ***** Hot Dog with Bun Tater Tots Coleslaw Apple | 21 Banana Bread Pork Sausage Patty Fresh Fruit, Grape Juice ***** Pepperoni Pizza Baby Carrots Cucumber Sticks, Dressing Oranges | 22 Cinnamon Toast Vanilla or Summer Berry Yogurt Applesauce, Fresh Fruit ***** Kalua Pork and Cabbage Brown Rice Lomi Tomato (Pico de Gallo) Edamame, Pineapple Chunks |
| 25 Plain Bagel Cream Cheese Cup Sliced Peaches, Mixed Fruit ***** Cheese Bites Marinara Sauce Cup Cucumber Sticks, Dressing Apple | 26 Breakfast Chicken Patty Brown Rice, Pears Strawberry Kiwi Juice ***** Chicken Tenders Brown Rice, Dipping Sauce Baby Carrots, Edamame Strawberry Fruit Gel | 27 Breakfast Pizza Pineapple Chunks Fresh Fruit ***** BBQ Pork Sandwich Tater Tots, Baked Beans Coleslaw, BBQ Sauce Sliced Peaches | 28 Country Breakfast Scramble Brown Rice, Salsa Cup Fresh Fruit ***** Mini Turkey Corn Dogs Baby Carrots, Cucumber Sticks Dipping Sauce, Dressing Oranges | 29 Teacher Planning and Collaboration Day No School |

“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.”

Menu is subject to change without notice.