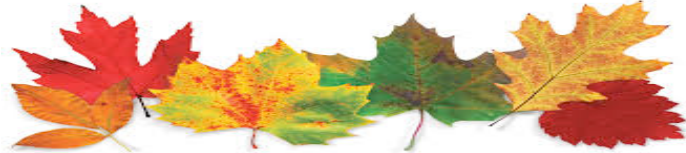


# Haiku Elementary School

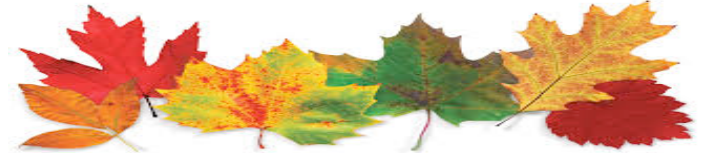
## Breakfast & Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>(2) B</b> – Bagel w/Cream Cheese, Mixed Fruit, Cranberry <b>L</b> – Beef & Broccoli, Rice, House Salad, Baby Carrots, Fruit Cocktail, Whole Grain Roll	<b>(3) B</b> – Breakfast Quesadilla, Fresh Fruit, 100% Fruit Juice <b>L</b> – Baja Fish Taco w/Garlic Aioli, Pan Roasted Vegetables, Cole Slaw, Apple Wedge, Fruit Muffin	<b>(4) B</b> – Yogurt, Whole Grain Toast, Papaya & Pineapple Cup, Cranberries <b>L</b> – Corn Dog, Baked Beans, Baby Carrots, House Salad, 100% Fruit Juice	<b>(5) B</b> – Pizza Bagel, Mixed Fruit, 100% Fruit Juice <b>L</b> – Beef and Bean Burrito, Lettuce & Tomato, Curly Fires, Fresh Fruit	<b>(6) B</b> – Portuguese Sausage, Rice, Peaches, 100% Fruit Juice <b>L</b> – Roast Pork w/Gravy, Rice, Lomi Tomato, Pineapple Chunks, Vegetable Juice



## Fall Break



<b>(16) B</b> – Cinnamon Toast, Ham Links, Pineapple Chunks, Cranberries <b>L</b> – Popcorn Chicken, Rice, Baked Beans, House Salad, Fruit Slushy	<b>(17) B</b> – Apple Pastry, Orange Wedge, 100% Fruit Juice <b>L</b> – Philly Cheesesteak, House Salad, Grape Tomatoes, 100% Fruit Juice	<b>(18) B</b> – Coffee Cake, Turkey Links, Mixed Fruit, 100% Fruit Juice <b>L</b> – Chicken Tenders, Rice, Pickled Cabbage, Broccoli & Carrots, Fresh Fruit	<b>(19) B</b> – Franks, Rice, Peaches 100% Fruit Juice <b>L</b> – Chili w/Cheese, Fries, Salad, Grape Tomatoes, Fresh Fruit	<b>(20) B</b> – Breakfast Smoothie, Banana, Whole Grain Toast <b>L</b> – Pepperoni Pizza, Cole Slaw, Veggie Sticks, Pizza
<b>(23) B</b> – Whole Grain Pancake, Pineapple Chunks, 100% Fruit Juice <b>L</b> – Turkey Pastrami Sandwich, Salad, Baby Carrots, Fresh Fruit	<b>(24) B</b> – Applesauce Muffin, Fresh Fruit 100% Fruit Juice <b>L</b> – Popcorn Chicken, Whipped Potatoes, Roasted Vegetables, Apple Wedge, Fruit Muffin	<b>(25) B</b> – Egglette w/Whole Grain Toast, Papaya, 100% Fruit Juice <b>L</b> – Chicken Patty w/or without Whole Grain Bun, Curly Fries, Lettuce & Tomato, Fresh Fruit	<b>(26) B</b> – Portuguese Sausage, Rice, Peaches, 100% Fruit Juice <b>L</b> – Italian Sausage & Cheese Pizza, Baked Beans, House Salad, 100% Fruit Juice	<b>(27) B</b> – Pizza Bagel, Mixed Fruit, 100% Fruit Juice <b>L</b> – Chinese Roast Pork, Rice, Tomato Salad, Pineapple Chunks, Vegetable Juice
<b>(30) B</b> – Breaded Chicken Patty, Rice, Mixed Fruit, 100% Fruit Juice <b>L</b> – Chili Franks, Rice, Roasted Vegetables, Baby Carrots, Hummus, Fresh Fruit	<b>(31) B</b> – French Toast w/Syrup, Fresh Fruit, 100% Fruit Juice <b>L</b> – BBQ Pork Sandwich, Cole Slaw, House Salad, Slushy	<b>(11/1) B</b> – Pork Patty w/Biscuit, Peaches, Cranberries <b>L</b> – Beef Stew, Rice, Salad, Fruit Cocktail	<b>(11/2) B</b> – Breakfast Burrito, Pineapple Chunks, 100% Fruit Juice <b>L</b> – Hot Dog w/or without Bun, Potato Rounds, Salad, Apple Wedge, Cookie	<b>(11/3) B</b> – Cinnamon Roll, Pineapple Chunks, Orange Wedge <b>L</b> – Hot Turkey Sandwich, Whipped Potatoes, House Salad, Fresh Fruit

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. Menu is subject to change without notice. Meals include ½ pt. milk. All bread and rice products are made with 50% whole wheat flour or 50% brown rice.