


# Wai'au Elementary School January 2023 Breakfast & Lunch Menu

(Breakfast in Bold)

\*Alt Cereal/Yogurt Breakfast Available  
\*\*Menu Subject to Change\*\*

\*\*1/2 pt. 1% White or Skim Chocolate milk included\*\*


|  |  |   |   |  |
|--|--|---|---|--|
| 2<br><br><b>NEW YEAR'S DAY<br/>OBSERVED</b><br><br><br><br><br><br><b>NO SCHOOL<br/>IN SESSION</b>   | 3<br><br><b>TEACHER<br/>WORK DAY</b><br><br><br><br><br><br><b>NO SCHOOL<br/>FOR STUDENTS</b>  | 4<br><br><i>School-Made Cinnamon Roll</i><br><b>Apple Chips</b><br><b>Orange Wedges</b><br>Fish Sandwich<br>Wedge Fries<br>Baked Beans<br>Veggie Sticks<br>White Grape Slushy       | 5<br><br><b>Cheese Stuffed Sticks</b><br><b>Sliced Peaches</b><br><b>Marinara Sauce</b><br>Roast Pork w/ Gravy<br>Steamed Rice<br>Steamed Broccoli & Carrots<br>Cran Razz Juice | 6<br><br><b>Portuguese Sausage</b><br><b>Steamed Rice</b><br><b>Applesauce &amp; Craisins</b><br>Hot Dog in Bun<br>Tater Tots<br>Coleslaw<br>Apple Crisps  |
| 9<br><br><b>Cereal w/ Toast</b><br><b>Diced Pears</b><br><b>Banana</b><br>Tasty Chicken Tenders<br>Steamed Rice<br>Celery Sticks/Baby Carrots<br>Edamame<br>Applesauce | 10<br><br><b>Br. Chicken Patty w/ Rice</b><br><b>Apple Wedges</b><br><b>Sliced Peaches</b><br>Beef Chili Nachos<br>w/ Queso<br>Green Salad<br>Salsa<br>Strawberry Kiwi Juice | 11<br><br><b>Coffee Cake</b><br><b>Turkey Ham</b><br><i>Orange Wedges &amp; Apple Chips</i><br>Chicken Sandwich<br>Emoticon Potatoes<br>Lettuce & Tomato<br>Edamame<br>Apple Wedges | 12<br><br><b>Pizza Bagel</b><br><b>Mixed Fruit</b><br><b>Grape Juice</b><br>Beef Patty w/ Gravy<br>Steamed Rice<br>Broccoli & Corn<br>Orange Wedges                             | 13<br><br><i>French Toast Sticks w/ Syrup</i><br><b>Pineapple Chunks</b><br><b>Power Punch Juice</b><br>Kalua Pork w/ Cabbage<br>Steamed Rice<br>Diced Tomato<br>w/ Green Onions<br>Pineapple Chunks |
| 16<br><br><br><br><small>Martin Luther King, Jr. Day</small>                          | 17<br><br><b>Portuguese Sausage</b><br><b>Steamed Rice</b><br><i>Apple Wedges &amp; Pineapple Chunks</i><br>Mac & Cheese<br>Edamame<br>Carrots<br>Orange Wedges              | 18<br><br><i>School-Made Cinnamon Roll</i><br><b>Diced Pears</b><br><b>Orange Wedges</b><br>Tuna Sandwich<br>w/ Chicken Noodle Soup<br>Veggie Sticks & Tomato<br>Apple Wedges       | 19<br><br><b>Country Scramble w/ Rice</b><br><b>Applesauce</b><br><b>Paradise Punch Juice</b><br>Beef Curry<br>Steamed Rice<br>Corn & Broccoli<br>POG Slushie                   | 20<br><br><b>Mini Pancakes</b><br><b>Mixed Fruits</b><br><b>Craisins</b><br>Asian Chicken<br>Steamed Rice<br>Baked Beans<br>Broccoli<br>Apple Chips  |
| 23<br><br><b>Cereal w/ Toast</b><br><b>Banana</b><br><b>Applesauce</b><br>Cheese Bites<br>w/ Marinara Sauce<br>Veggie Sticks<br>Concord Berry Slushie                  | 24<br><br><i>Plain Bagel w/ Cream Cheese</i><br><b>Apple Wedges</b><br><b>Diced Pears</b><br>Creole Mac<br>Green Salad<br>Edamame<br>Applesauce                              | 25<br><br><b>Country Gravy Pizza</b><br><b>Craisins</b><br><b>Pineapple Chunks</b><br>Breaded Chicken Tenders<br>Steamed Rice<br>Corn & Edamame<br>Sliced Peaches                   | 26<br><br><b>Fruited Muffin</b><br><b>Sliced Peaches</b><br><b>Grape Juice</b><br>Teri Burger<br>Potato Wedges<br>Leaf Lettuce & Tomato<br>Orange Wedges                        | 27<br><br><b>Pork Sausage Patty w/ Rice</b><br><b>Mixed Fruit</b><br><b>Fruit Punch</b><br>Roast Turkey w/ Gravy<br>Mashed Potatoes<br>Zucchini & Carrot Sticks<br>Diced Pears<br>WG Roll            |
| 30<br><br><b>Belgian Waffle</b><br><b>Mixed Fruits</b><br><b>Banana</b><br>Cheese Pizza<br>Green Salad<br>Baby Carrots<br>Apple Wedges                                 | 31<br><br><b>Yogurt w/ Granola</b><br><b>Pears</b><br><b>Apple Wedges</b><br>Spaghetti w/ Meat Sauce<br>Green Salad & Cucumber<br>Edamame<br>Orange Wedges<br>French Bread   | 1<br><br><i>School-Made Cinnamon Roll</i><br><b>Apple Chips</b><br><b>Orange Wedges</b><br>Fish Sandwich<br>Wedge Fries<br>Baked Beans<br>Veggie Sticks<br>White Grape Slushy       | 2<br><br><b>Cheese Stuffed Sticks</b><br><b>Sliced Peaches</b><br><b>Marinara Sauce</b><br>Roast Pork w/ Gravy<br>Steamed Rice<br>Steamed Broccoli & Carrots<br>Cran Razz Juice | 3<br><br><b>Portuguese Sausage</b><br><b>Steamed Rice</b><br><b>Applesauce &amp; Craisins</b><br>Hot Dog in Bun<br>Tater Tots<br>Coleslaw<br>Apple Crisps  |

# Ke Kula o Waiiau Alemanaka Mea Ai Ianuali 2023

Kaele ka Aina Kakahiaka

\*He koho siriala/waiu tepe kau  
\*\*Hiki ke loli na ano mea ai\*\*

\*\*1/2 paina. 1% Waiu a i ole waiu Kokoleka ma ke pa\*\*

|  |  |  |   |  |
|--|--|--|---|--|
| 2<br><br><b>LA NUI NO<br/>KA MAKAHIKI HOU</b><br><br><br><br><b>AOHE KULA</b>  | 3<br><br><b>LA HANA KUMU</b><br><br><br><br><b>AOHE KULA</b>   | 4<br><br><i>Lole Kinamona<br/>Kipi Apala<br/>Alani</i><br><br>Kanauika la<br>Uala Palai ia<br>Papapa Moa ia<br>Lau Lauai<br>Hau Momona                     | 5<br><br><i>Lau Waiupaa<br/>Piki<br/>Kai Pakeki</i><br><br>Puaa Oma ia me ke Kai<br>Laiki<br>Palakali me ke Kaloke<br>Wai Huaai           | 6<br><br><i>Naaukake Pukiki me ka Laiki<br/>Kai Apala<br/>Ohelo Maloo</i><br><br>Naaukake Amelika<br>Uala Moa ia<br>Saleta me ke Kai<br>Kipi Apala       |
| 9<br><br><i>Siriala me ka Palaoa Papaa<br/>Pea<br/>Maia</i><br><br>Lau Moa<br>Laiki<br>Kelaki me ke Kaloke<br>Edamame<br>Kai Apala           | 10<br><br><i>Moa Moa ia me ka Laiki<br/>Apala<br/>Piki</i><br><br>Kipi Mekiko Kili<br>me ka Waiupaa<br>Saleta<br>Kai Mekiko<br>Wai Huaai       | 11<br><br><i>Mea Ono Kope<br/>Hame Pelehu<br/>Alani &amp; Kipi Apala</i><br><br>Kanauika Moa<br>Uala Minoaka<br>Lekuke me ka Ohia Lomi<br>Edamame<br>Alani | 12<br><br><i>Pekala Paipika<br/>Huaai Like ole<br/>Wai Hua Waina</i><br><br>lo Pipi me ke Kai<br>Laiki<br>Palakali me ke Kulina<br>Alani  | 13<br><br><i>Lau Palaoa Papaa Palani me ke Kai Ono<br/>Hala Kahiki<br/>Wai Huaai</i><br><br>Puaa Kalua me ke Kapiki<br>Laiki<br>Lomitomi<br>Hala Kahiki  |
| 16<br><br><br><br><small>La Martin Luther King, Jr.</small> | 17<br><br><i>Naaukake Pukiki me ka Laiki<br/>Apala<br/>Halakahiki</i><br><br>Makaloni me ka Waiupaa<br>Edamame<br>Kaloke<br>Alani              | 18<br><br><i>Lola Kinamona<br/>Pea<br/>Alani</i><br><br>Kanauika Ahi<br>me ke Kupa Nula Moa<br>Lau Lauai me ka Ohia Lomi<br>Apala                          | 19<br><br><i>Hua Paka me ka Laiki<br/>Kai Apala<br/>Wai Huaai</i><br><br>Kai Akia lo Pipi<br>Laiki<br>Kulina me ke Palakali<br>Hau Momona | 20<br><br><i>Palaoa Paiai Iki<br/>Huaai Like Ole<br/>Ohelo Maloo</i><br><br>Moa Akia me ka Laiki<br>Papapa Moa ia<br>Palakali<br>Kipi Apala              |
| 23<br><br><i>Siriala me ka Palaoa Papaa<br/>Kai Apala<br/>Maia</i><br><br>Poke Waiupaa<br>me ke Kai Pakeki<br>Lau Lauai<br>Hau Momona        | 24<br><br><i>Pekala me ka Waiupaa<br/>Apala<br/>Pea</i><br><br>Makaloni Moa ia<br>Saleta<br>Edamame<br>Kai Apala                               | 25<br><br><i>Paipika Kai Ono<br/>Ohelo Maloo<br/>Hala Kahiki</i><br><br>Lau Moa<br>Laiki<br>Kulia a me Edamame<br>Piki                                     | 26<br><br><i>Mapini Huaai<br/>Piki<br/>Wai Hua Waina</i><br><br>Hamapuka Kai Akia<br>Uala Moa ia<br>Lekuke me ka Ohia Lomi<br>Alani       | 27<br><br><i>Naaukake Puaa me ka Laiki<br/>Huaai Like ole<br/>Wai Huaai</i><br><br>Pelehu me ke Kai<br>Uala Wali<br>Sukini me ke Kaloke<br>Pea<br>Palaoa |
| 30<br><br><i>Palaoa Kipoopoo<br/>Maia<br/>Huaai Like ole</i><br><br>Paipika Waiupaa<br>Saleta<br>Kaloke<br>Apala                             | 31<br><br><i>Waiu Tepe me ka Siriala<br/>Pea<br/>Apala</i><br><br>Pakeki me ka lo<br>Saleta me ke Kaukama<br>Edamame<br>Alani<br>Palaoa Palani | 1<br><br><i>Lole Kinamona<br/>Kipi Apala<br/>Alani</i><br><br>Kanauika la<br>Uala Palai ia<br>Papapa Moa ia<br>Lau Lauai<br>Hau Momona                     | 2<br><br><i>Lau Waiupaa<br/>Piki<br/>Kai Pakeki</i><br><br>Puaa Oma ia me ke Kai<br>Laiki<br>Palakali me ke Kaloke<br>Wai Huaai           | 3<br><br><i>Naaukake Pukiki me ka Laiki<br/>Kai Apala<br/>Ohelo Maloo</i><br><br>Naaukake Amelika<br>Uala Moa ia<br>Saleta me ke Kai<br>Kipi Apala       |

He wahi puuhonua keia ia kakou

