

# WAIPAHU INTER. SCHOOL

# BREAKFAST & LUNCH MENU

# NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B: Cereal w/ Cinnamon Crisps Fruit Cocktail, Fresh Fruit Lunch: <b>Cheese Pizza</b> <b>Romaine Salad, Carrots</b> <b>Fresh Fruit, Power Punch juice</b>	<b>3</b>  <b>ELECTION DAY</b>	B: Cereal, w/ Cheez-Its, Fresh Fruit, Pineapple Chunks Lunch: <b>Chicken Patty w/ gravy, Rice</b> <b>Corn, Carrots, Broccoli, Baked</b> <b>Beans, Pine Chunks</b> <b>Power Punch juice</b>	B: Plain Bagel, w/ cream cheese Power Punch juice, Peaches Lunch: <b>Tuna Sandwich</b> <b>Veggie Sticks w/ dip, Edamame</b> <b>Fruit Slush, Pineapple Chunks</b>	B: Cereal,w/ Marshmallow square Fresh Fruit, Pineapple Chunks Lunch: <b>Chicken Broccoli, Rice</b> <b>Romaine Salad, Fresh Fruit</b> <b>Fruit Cocktail</b>
B: Cereal w/ Cinnamon Crisps Pineapple Chunks, Fresh Fruit Lunch: <b>Cheese Bites w/ Marinara sauce</b> <b>Romaine Salad, Carrots</b> <b>Fresh Fruit, Power Punch juice</b>	B: Pineapple Sunrise Surprise Power Punch Juice, Fruit Cocktail Lunch: <b>Fish Sandwich</b> <b>Veggie Sticks w/ dip</b> <b>Fruit Slush, Pine Chunks</b>	<b>11</b>  <b>VETERANS DAY</b>	B: Fruited Muffin, Peaches Power Punch juice Lunch: <b>Chicken Sandwich</b> <b>Rainbow Salad, Edamame</b> <b>Fresh Fruit, Pine Chunks</b>	B: Cereal,w/ Marshmallow square Fresh Fruit, Pineapple Chunks Lunch: <b>Popcorn Chicken, Rice</b> <b>Corn, Carrots, Peaches</b> <b>Power Punch juice</b>
B: Cereal w/ Cinnamon Crisps Peaches, Fresh Fruit Lunch: <b>Pepperoni Pizza</b> <b>Romaine Salad, Carrots</b> <b>Fresh Fruit, Pineapple Chunks</b>	B: Cinn. Raisin Bagel w/ cream cheese Power Punch juice, Craisins Lunch: <b>Cheese Burger, Fries</b> <b>Carrot sticks, Fruit Slush</b> <b>Fruit Cocktail</b>	B: Cereal, w/ Cheez-Its, Fresh Fruit, Fruit Cocktail Lunch: <b>Chicken Tenders, Rice</b> <b>Carrots, Broccoli, Corn</b> <b>Baked Beans, Pine Chunks</b> <b>Power Punch juice</b>	B: Coffee Cake, Pine Chunks Power Punch juice Lunch: <b>Hot Dog w/ Bun</b> <b>Romaine Salad, Carrots</b> <b>Fresh Fruit, Peaches</b>	B: Cereal,w/ Marshmallow square Fresh Fruit, Peaches Lunch: <b>Turkey Ham Sandwich</b> <b>Veggie Sticks w/ dip, Edamame</b> <b>Fruit Slush, Pine Chunks</b>
B: Cereal w/ Cinnamon Crisps Fruit Cocktail, Fresh Fruit Lunch: <b>Cheese Pizza</b> <b>Romaine Salad, Carrots</b> <b>Fresh Fruit, Power Punch juice</b>	B: Papaya Bread, Craisins Power Punch juice Lunch: <b>Incredible Burger, Fries</b> <b>Veggie Sticks w/ dip,</b> <b>Fruit Slush, Pineapple Chunks</b>	B: Cereal, w/ Cheez-Its, Fresh Fruit, Pineapple Chunks Lunch: <b>Chicken Patty w/ gravy, Rice</b> <b>Corn, Carrots, Broccoli, Baked</b> <b>Beans, Pine Chunks</b> <b>Power Punch juice</b>	<b>26</b>  <b>THANKSGIVING</b>	<b>27</b>  <b>HOLIDAY</b>
B: Cereal w/ Cinnamon Crisps Pineapple Chunks, Fresh Fruit Lunch: <b>Cheese Bites w/ Marinara sauce</b> <b>Romaine Salad, Carrots</b> <b>Fresh Fruit, Power Punch juice</b>	B: Pineapple Sunrise Surprise Power Punch Juice, Fruit Cocktail Lunch: <b>Fish Sandwich</b> <b>Veggie Sticks w/ dip</b> <b>Fruit Slush, Pine Chunks</b>	B: Cereal, w/ Cheez-Its, Fresh Fruit, Pineapple Chunks Lunch: <b>Corndog, Baked Beans</b> <b>Carrots, Broccoli, Corn</b> <b>Fresh Fruit, Fruit Cocktail</b>	B: Fruited Muffin, Peaches Power Punch juice Lunch: <b>Chicken Sandwich</b> <b>Rainbow Salad, Edamame</b> <b>Fresh Fruit, Pine Chunks</b>	B: Cereal,w/ Marshmallow square Fresh Fruit, Pineapple Chunks Lunch: <b>Popcorn Chicken, Rice</b> <b>Corn, Carrots, Peaches</b> <b>Power Punch juice</b>

Daily Alternate Breakfast Choices: Alt. #1 Cereal & Toast, Alt. #2 Yogurt and Toast, Alt. #3 Cereal & Yogurt, Alt. #4 Toast w/ jelly, & Alt. #5 Cheese Toast. All meals include a choice of 1/2pt 1% or Chocolate Skim Milk. Menu subject to change without notice. "This Institution is an equal opportunity provider."