November 2017

Momilani Breakfast & Lunch

Daily Alternate Breakfast Choices:
Alt. #1 Breakfast Cereal & Toast W/ Fruit and Juice of the day
Alt. #2 Breakfast Yogurt & Toast W/ Fruit and Juice of the day

1/2pt 1% White or Skim Chocolate milk included
Menu Subject to Change

		1 *Breakfast Smoothie,* *Apple Wedges* *Alt #1 Cereal/ Alt #2 Yogurt* *Pizza* *Coleslaw, Broccoli Florets,* *Baby Carrots, Sliced Peaches,*	2 *Coffee Cake, Turkey Links,* *Mixed Fruits, & Grape Juice* *Alt #1 Cereal/ Alt #2 Yogurt* *Hot Dog In Bun* *Baked beans,* *Rainbow Salad,* *Pom Swirl*	3 *Ham & Cheese Sandwich,* *Pineapple, Cranberries* *Alt #1 Cereal/ Alt #2 Yogurt* *Pork Gisantes,* *Steamed Rice,* *Broccoli & Carrots,* *Cantaloupe,*
6 *WG Pancake,* *Strawberry, Apple Juice* *Alt #1 Cereal/ Alt #2 Yogurt* *Beef & Bean Burrito W/* *Curley Fries,* *Lettuce Leaf, Tomato,* *Seasonal Fruit*	7 *Applesauce Muffin,* *Pineapple, Grape Juice* *Alt #1 Cereal/ Alt #2 Yogurt* *Terri Cheese Burger On Bun* *House Salad, Baby Carrots,* *Baked Beans,* *Orange Juice*	8 *Greek Yogurt & WG Toast* *Papaya/Pine, & Orange Juice* *Alt #1 Cereal/ Alt #2 Yogurt* *Vegetarian Lasagna* *Pan Roasted Vegetables,* *Apple Wedge,* *Peach Slice,* *Fruit Muffin*	9 *Pizza Bagle,* *Mixed Fruit, & Cranberries* *Alt #1 Cereal/ Alt #2 Yogurt* *Turkey Pastrami On* *WG Bun* *House Salad, Baby Carrots,* *Fruit Cocktail*	10 *VETERANS' DAY*
13 *Maple Pancake Wrap,* *Sliced Peaches, Cranberries* *Alt #1 Cereal/ Alt #2 Yogurt* *Cheesy Chili Tots &* *Biscuit,* *House salad,* *Apple Wedge,* *Apple Juice*	14 *School Made Banana Bread,* *Pineapple, & Grape Juice* *Alt #1 Cereal/ Alt #2 Yogurt* *Vegetarian Pizza* *House Salad,* *Mixed Fruit,*	15 *Waffle W/ Fruit Topping,* *Mixed Fruit, Orange Juice* *Alt #1 Cereal/ Alt #2 Yogurt* *BBQ Pork Sandwich W/* *Asian Slaw,* *House Salad* *Fruit Slushy,* *Orange Wedges*	16 *Hawaiian Style Sausage, Rice* *Seasonal Fruit, & Grape Juice* *Alt #1 Cereal/ Alt #2 Yogurt* *Veggie Patty W/ Rice & Gravy* *Pan Roasted Vegetables,* *Baby Carrots, Hummus,* *Pineapple, Strawberry Cup*	17 *Breakfast Quesidilla,* *Pineapple, & Orange Wedges* *Alt #1 Cereal/ Alt #2 Yogurt* *Oven Baked Chicken W/* *Whipped Potato ,* *House Salad, Orange Wedges,* *WG Roll*
20 *Apple Pastry,* *Apple Juice, & Orange Wedge* *Alt #1 Cereal/ Alt #2 Yogurt* *Popcorn Chicken & Rice* *Baked Beans,* *Rainbow Salad,* *Pom Swirl*	21 *Breakfast Sliders,* *Peaches, & Grape Juice* *Alt #1 Cereal/ Alt #2 Yogurt* *Philly Cheese Steak Sandwich* *House Salad,Grape Tomato,* *Orange Juice*	22 *Mini Pancakes W/ Banana* *Apple Wedges* *Alt #1 Cereal/ Alt #2 Yogurt* *Golden Nuggets W/ Rice &* *Pickled Cabbage* *Broccoli & Carrots,* *Seasonal Fruit*	23 *THANKSGIVING*	24 *SCHOOL HOLIDAY*
27 *Ham & Cheese Quesidilla,* *Strawberry, Apple Juice* *Alt #1 Cereal/ Alt #2 Yogurt* *Tuna Dip & Chips* *Curley Fries,* *Lettuce Leaf, Tomato,* *Seasonal Fruit*	28 *Cinnamon Raisin Bagel,* *Pineapple, Grape Juice* *Alt #1 Cereal/ Alt #2 Yogurt* *Baja Fish Taco W/* *Asian Slaw, Garlic Aioli* *Pan Roasted Vegetables,* *Apple Wedges, Peaches*	29 *Egglette W/ WG Toast,* *Papaya/Pine, & Orange Juice* *Alt #1 Cereal/ Alt #2 Yogurt* *Beef Broccoli & Rice* *House Salad,* *Baby Carrots,* *Fruit Cocktail*	30 *Yogurt & WG CinnamonToast,* *Mixed Fruit, & Grape Juice* *Alt #1 Cereal/ Alt #2 Yogurt* *Corndog* *House Salad, Baby Carrots,* *Baked Beans* *Grape Juice*	1 *Baked Ham & Biscut,* *Peaches, & Apple Juice* *Alt #1 Cereal/ Alt #2 Yogurt* *Roast Pork W/ Gravy* *Rice & Vegetable Juice,* *Lomi Tomato*

This institution is an equal opportunity provider

Pearl City High School