




POMAIKAI ELEMENTARY S OCTOBER

| MONDAY | TUESDAY | WEDNESDAY |
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| 10/1/18 BFAST: Pineapple, pizza stick, cranberries LUNCH: Saimin noodles w/teri chicken & egg roll, tossed salad, fruit juice SALAD: Chef | 10/2/18 BFAST: Mixed fruit, mini quiches, fruit juice LUNCH: Breaded chicken patty w/gravy, rice, coleslaw, steamed veggies, peaches SALAD: Asian noodle | 10/3/18 BFAST: Peaches, breakfast smoothie w/toast, orange wedges LUNCH: Teri burger, potato wedges, tomato & lettuce, pineapple SALAD: Southwestern Chicken |
| 10/8/18 FALL | 10/9/18 BREAK | 10/10/18  |
| 10/15/18 BFAST: Peaches, Belgian waffle, fruit topping, cranberries LUNCH: Baked chicken w/gravy, whipped potatoes, steamed veggies, orange wedges, ww roll SALAD: Chef | 10/16/18 BFAST: Mixed fruit, biscuit n gravy, breaded chicken patty, fruit juice LUNCH: Chili, rice, steamed veggies, hummus w/baby carrots, pineapple SALAD: Asian noodle | 10/17/18 BFAST: Fresh fruit, cinnamon roll, fruit juice LUNCH: Weiner in a roll, potato rounds, veggie sticks, apple wedges SALAD: South Western |
| 10/22/18 BFAST: Peaches, yogurt w/toast, cranberries LUNCH: Popcorn chicken, whipped potatoes, steamed veggies, apple wedges, muffin SALAD: Chef | 10/23/18 BFAST: Pineapple, pizza stick, fruit juice LUNCH: Turkey pastrami on ww bun, tossed salad, mixed fruit SALAD: Asian Noodle | 10/24/18 BFAST: Mixed fruit, pork patty, rice, fruit juice LUNCH: Breaded chicken patty on ww bun, tomato & lettuce, smiley fries, fresh fruit SALAD: South Western |
| 10/29/18 BFAST: Pineapple, pancake wrap, fruit juice LUNCH: Cheeseburger, potato wedges, veggie sticks, fresh fruit SALAD: Chef | 10/30/18 BFAST: Fresh fruit, cereal w/toast, cranberries LUNCH: Breaded chicken tenders, rice, pickled cabbage, steamed veggies, fresh fruit SALAD: Asian noodle | 10/31/18 BFAST: Pineapple, scrambled eggs, rice, fruit juice LUNCH: Pepperoni pizza, coleslaw, fresh broccoli florets & baby carrots, mixed fruit SALAD: South Western |

Student Breakfast: \$1.10, Student Lunch: \$2.50, Reduced Breakfast: \$0.30, Reduced Lunch: \$0.40, Second Student/Adult Breakfast: \$1.50



Every meal served includes a 1/2 pint of Skim, Chocolate or 1% White Milk,

LEMENTARY SCHOOL



Menu subject to change without notice

This institution is an equal opportunity provider

| THURSDAY | FRIDAY |
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| <p align="center">10/4/18</p> <p>BFAST: Pineapple, fried rice & scrambled eggs, fruit juice LUNCH: Breaded chicken nuggets, veggie sticks, smiley fries, apple wedges, ww roll SALAD: Taco Salad</p> | <p align="center">10/5/18</p> <p>BFAST: Mixed fruit, cereal w/toast, cranberries LUNCH: Battered fish, rice, baked beans, tossed salad, fruit slushy SALAD: Chicken Caesar</p> |
| <p align="center">10/11/18</p> <p align="center"></p> | <p align="center">10/12/18</p> <p align="center"></p> |
| <p align="center">10/18/18</p> <p>BFAST: Pineapple, Portuguese sausage, rice, fruit juice LUNCH: Tuna on ww bun, tossed salad, slushy, cookie SALAD: Taco Salad</p> | <p align="center">10/19/18</p> <p>BFAST: Orange wedges, breakfast burrito, fruit juice LUNCH: Ulu beef stew, rice, peaches, Portuguese sweet roll SALAD: Chicken Caesar</p> |
| <p align="center">10/25/18</p> <p>BFAST: Fresh fruit, whole grain pancakes, fruit juice LUNCH: Corn dog, baked beans, tossed salad, fruit juice SALAD: Taco Salad</p> | <p align="center">10/26/18</p> <p>BFAST: Peaches, bagel w/cream cheese, fruit juice LUNCH: Roast pork w/gravy, rice, veggie juice, tomato salad, pineapple SALAD: Chicken Caesar</p> |
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reakfast: \$2.40, Second Student/Adult Lunch: \$5.50, Student Entrée: \$2.00;