

November 2019

| October '19 | | | | | | | December '19 | | | | | | |
|-------------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 27 | 28 | 29 | 30 | 31 | | | 29 | 30 | 31 | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|--|---|---|----------|
| 27 | 28 | 29 | 30 | 31 | 1 Lean Turkey Chili and Brown Rice, Salad Bar, Melon, Fruit, Milk | 2 |
| 3 | 4 Alfredo Penne Pasta, Parmesian Cheese, Turkey Breast, Salad Bar, Grapes, Fruit, Milk | 5 Quesadilla (Chicken or Cheese), Whole Wheat Tortilla, Watermelon, Fruit, Salad Bar, Milk | 6 Tuna or Turkey Sandwich, Sliced Tomatoes, Provelone Cheese, on 9 Grain Whole Wheat Bread, Salad Bar, Melon, Fruit, Milk | 7 Tender Roast Pork, Pan Juices, Brown Rice, Salad Bar, Sliced Strawberries, Fruit, Milk | 8 Ginger-Garlic Teriyaki Chicken and Brown Rice, Salad Bar, Grapes Fruit, Milk | 9 |
| 10 | 11 No School | 12 Macaroni and Cheese with Bacon Crumble, Salad Bar, Watermelon, Fruit, Milk | 13 Grilled Fish Filet and Brown Rice, Salad Bar, Watermelon, Fruit, Milk | 14 Pizza (Pepperoni or Cheese), Salad Bar, Grapes, Fruit, Milk | 15 Beef Chopped Steak, Onions and Red Peppers, Brown Rice, Salad Bar, Water Melon, Fruit, Milk | 16 |
| 17 | 18 Turkeyburger, Whole Wheat Bun, Lettuce, Tomato, Onion, Salad Bar, Orange Slices, Fruit, Milk | 19 Fire Seared Flank Steak Burrito with Bean and 2 Cheeses, Salad Bar, Melon Fruit, Milk | 20 Chicken Hot Dog, Gluten Free, Whole Wheat Bun, Cole Slaw, Salad Bar, Melon Chunks, Fruit, Milk | 21 Penne Pasta in Marinara Sauce with Meatballs, Salad Bar, Fresh Melon, Fruit, Milk | 22 | 23 |
| 24 | 25 Ginger-Garlic Teriyaki Beef and Brown Rice, Salad Bar, Melon Fruit, Milk | 26 Chicken and Cheese Wrap in a Whole Wheat Tortilla, Salad Bar, Watermelon Fruit, Milk | 27 Tender Roast Turkey, Pan Juices, Brown Rice, Salad Bar, Sliced Strawberries, Fruit, Milk | 28 No School | 29 No School | 30 |
| 1 | 2 | <p style="text-align: center;">Notes</p> <p style="text-align: center;">All menu items are subject to change according to seasonality and availability. Please refer to the Kihei Charter School Online Menu for any changes. Updates may occur a day in advanced.</p> <p style="text-align: center;">"This institution is an equal oportunity provider."</p> | | | | |