

October 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 Quesadilla (Chicken or Cheese), Whole Wheat Tortilla, Watermelon, Fruit, Salad Bar, Milk	2 Tuna or Ham Sandwich, Sliced Tomatoes, Provelone Cheese, on 9 Grain Whole Wheat Bread, Salad Bar, Melon, Fruit, Milk	3 Alfredo Penne Pasta, Parmesan Cheese, Turkey Breast, Salad Bar, Grapes, Fruit, Milk	4 Lean Turkey Chili and Brown Rice, Salad Bar, Melon, Fruit, Milk	5
6	7	8	9	10	11	12
No School						
13	14 No School	15 Ginger-Garlic Teriyaki Chicken and Brown Rice, Salad Bar, Grapes Fruit, Milk	16 Chicken and Cheese Wrap in a Whole Wheat Tortilla, Salad Bar, Watermelon Fruit, Milk	17 Pizza (Pepperoni or Cheese), Salad Bar, Strawberry Slices, Fruit, Milk	18 Garlic Teriyaki Beef Broccoli and Brown Rice, Salad Bar, Melon, Fruit, Milk	19
20	21 Chicken Corn Dogs, Salad Bar, Orange Slices, Fruit, Milk	22 Penne Pasta in Marinara Sauce with Meatballs, Salad Bar, Fresh Melon, Fruit, Milk	23 Turkey Club Sandwich on 9 Grain Whole Wheat Bread, Salad Bar, Grapes, Fruit, Milk	24 Ginger-Garlic Teriyaki Beef and Brown Rice, Salad Bar, Melon Fruit, Milk	25 Chicken Fingers, Brown Rice, Salad Bar, Watermelon, Fruit, Milk	26
27	28 Turkeyburger, Whole Wheat Bun, Lettuce, Tomato, Onion, Salad Bar, Orange Slices, Fruit, Milk	29 Fire Seared Flank Steak Burrito with Bean and 2 Cheeses, Salad Bar, Melon Fruit, Milk	30 Macaroni and Cheese with Bacon Crumble, Salad Bar, Watermelon, Fruit, Milk	31 Pizza (Pepperoni or Cheese), Salad Bar, Grapes, Fruit, Milk	1	2
3	4	<p>Notes</p> <p>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>"This institution is an equal opportunity provider."</p>				