

September 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No School	3 Turkey Club Sandwich on 9 Grain Whole Wheat Bread, Salad Bar, Orange Wedges,Fruit, Milk	4 Chicken Hot Dog, Gluten Free, Whole Wheat Bun, Cole Slaw,Salad Bar, Melon Chunks, Fruit, Milk	5 Ginger-Garlic Teriyaki Beef and Brown Rice, Salad Bar, Watermelon, Fruit, Milk	6 Lean Turkey Chili and Brown Rice, Salad Bar, Sliced Strawberries, Fruit, Milk	7
8	9 Turkeyburger Patty, Gravy, Brown Rice, Salad Bar, Mango Cubes,Fruit, Milk	10 Warm Bean Burritos, 2 Cheeses, Chicken , Salad Bar, Grape Bunches, Fruit, Milk	11 Penne Pasta in Marinara Sauce with Meatballs, Salad Bar, Fresh Melon, Fruit, Milk	12 Pizza (Pepperoni or Cheese), Salad Bar, Orange Slices, Fruit, Milk	13 Tender Roast Pork, Pan Juices, Brown Rice, Salad Bar, Sliced Strawberries, Fruit, Milk	14
15	16 Grilled Fish Filet and Brown Rice, Salad Bar, Watermelon, Fruit, Milk	17 Tuna orTurkey Sandwich, Sliced Tomatoes, Provelone Cheese, on 9 Grain Whole Wheat Bread, Salad Bar, Melon, Fruit, Milk	18 Ginger-Garlic Teriyaki Beef and Brown Rice, Salad Bar, Bananas, Fruit, Milk	19 Fire Seared Flank Steak Burrito with Bean and 2 Cheeses, Salad Bar, Grape Bunches, Fruit, Milk	20 Alfredo Penne Pasta, Parmesian Cheese, Turkey Breast, Salad Bar, Mango Chunks, Fruit, Milk	21
22	23 Turkeyburger, Whole Wheat Bun,Lettuce, Tomato, Onion, Salad Bar, Orange Slices,Fruit, Milk	24 Chilled Picnic Ham and Cheese Wrap in a Whole Wheat Tortilla, Salad Bar, Melon, Fruit, Milk	25 Chicken Hot Dog, Gluten Free, Whole Wheat Bun, Cole Slaw,Salad Bar, Melon Chunks, Fruit, Milk	26 Pizza (Pepperoni or Cheese), Salad Bar, Grape Bunches,Fruit, Milk	27 Beef Chopped Steak, Onions and Red Peppers, Brown Rice, Salad Bar, Water Melon, Fruit, Milk	28
29	30 Ginger Chicken Stirfry Mixed Vegetables, Brown Rice, Salad Bar, Orange Slices, Fruit, Milk	1	2	3	4	5
6	7	<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>				