

# Ali'iolani Breakfast Menu January 2022

This institution is an Equal Opportunity Provider. Menu is subject to change. All meals include a choice of 1% white or skim milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 TEACHER WORK DAY (No School)	4 Bagel with Cream Cheese Diced Pears Fruit Juice	5 Country Gravy Pizza Pineapple Chunks Bananas	6 Breaded Chicken Patty Steamed Rice Mixed Fruit Fruit Juice	7 Cereal Toast Applesauce Craisins
10 Cheese Stuffed Sticks w/Marinara Sauce Fruit Juice	11 Waffles w/Syrup Mixed Fruit Bananas	12 Cereal Toast Sliced Peaches Fruit Juice	13 Portuguese Sausage Steamed Rice Applesauce Craisins	14 Cinnamon Rolls Apple Chips Strawberries
17 Martin Luther King Jr. Day (No School)	18 French Toast Sticks with Syrup Pineapple Chunks Fruit Juice	19 Breaded Chicken Patty Steamed Rice Sliced Peaches Craisins	20 Cereal Toast Diced Peaches Bananas	21 Pizza Bagel Mixed Fruit Fruit Juice
24 Cereal Toast Applesauce Fruit Juice	25 Cinnamon Rolls Diced Pears Apple Chips	26 Waffles w/Syrup Mixed Fruit Bananas	27 Breakfast Pizza Fruit Juice Strawberries	28 Portuguese Sausage Steamed Rice Pineapple Chunks Craisins
31 Bagel with Cream Cheese Diced Pears Fruit Juice				

**This institution is an equal opportunity provider**  
*Rely on breakfast to give you a kick-start of energy so you'll be ready for school.*

# Ali'iolani Lunch Menu January 2022

This institution is an Equal Opportunity Provider. Menu is subject to change. All meals include a choice of 1% white or skim milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  TEACHER WORK DAY (No School)	4  Cheese Bites Marinara Sauce Cups Veggie Sticks Slushy	5  Spaghetti with Meat Sauce Green Salad Edamame Applesauce WG Roll (Adults Only)	6  Chicken Mozzarella Sandwich w/Marinara Sauce Cups Tater Tots Fruit Juice	7  Beef Patty w/Gravy Steamed Rice Steamed Carrots & Corn Sliced Peaches WG Roll (Adults Only)
10  Cheese Pizza Green Salad Baby Carrots Craisins	11  Fish Sandwich Wedge Fries Veggie Sticks Baked Beans Slushy	12  Creole Mac Coleslaw Steamed Corn & Edamame Apple Wedges WG Roll (Adults Only)	13  Roast Pork with Gravy Steamed Riced Steamed Broccoli & Carrots Fruit Juice WG Roll (Adults Only)	14  Hot Dog in Bun Tater Tots Veggie Sticks Pineapple Chunks
17  Martin Luther King Jr. Day (No School)	18  Tasty Chicken Tenders Steamed Rice Green Salad Veggie Sticks Applesauce WG Roll (Adults Only)	19  Tuna Sandwich Corn Chowder Green Salad w/Tomato Wedge Edamame Slushy	20  Beef Chili Nachos Steamed Broccoli Steamed Corn Fruit Juice	21  Cheeseburger Tater Tots Baked Beans Mixed Fruit
24  Mac & Cheese Asian Slaw Baby Carrots Baked Beans Apple Chips WG Roll (Adults Only)	25  Pepperoni Pizza Green Salad Veggie Sticks Hummus Fruit Juice	26  Sloppy Joe Wedge Fries Green Salad Fruit Slushy	27  Breaded Chicken Tenders Steamed Rice Steamed Carrots & Edamame Oranges	28  Roast Turkey with Gravy Mashed Potatoes Baby Carrots Diced Pears WG Roll
31  Cheese Bites Marinara Sauce Cups Veggie Sticks Slushy				

This institution is an equal opportunity provider