

All meals include a choice of either fat-free or 1%, chocolate or white milk.



November 2024 Breakfast and Lunch Menu



Check the Nutrislice website for the daily breakfast option at Ke'elikōlani Middle School.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Plain Bagel Cream Cheese Cup Craisins ***** Tasty Tenders Brown Rice, Dipping Sauce Broccoli, Baked Beans Strawberry Apple Crisps</p>	<p>5 NO SCHOOL </p>	<p>6 Egg & Cheese Burrito Salsa Cup Oranges ***** Creole Macaroni with Cheese Green Salad, Dressing Edamame, Sliced Peaches Whole Grain Roll</p>	<p>7 Portuguese Sausage Brown Rice, Ketchup Strawberry Kiwi Juice ***** Chicken Potstickers (Gyoza) Honey Sriracha Dipping Sauce Cucumber Sticks, Dressing Baby Carrots, Fresh Fruit</p>	<p>1 Portuguese Sausage Brown Rice, Ketchup Unsweetened Applesauce *****Dia de los Muertos***** Roasted Turkey with Gravy Whipped Potatoes Zucchini, Whole Grain Roll Mixed Fruit</p>
<p>NO SCHOOL VETERANS DAY HONORING ALL WHO SERVED</p>	<p>12 Cheese-stuffed Breadstick Marinara Sauce Cup ***** Hot Dog with Bun Tater Tots Baby Carrots Fresh Fruit</p>	<p>13 Portuguese Sausage Brown Rice, Ketchup Unsweetened Applesauce ***** World Kindness Day Pepperoni Pizza Baby Carrots Fresh Fruit Cucumber Sticks, Dressing</p>	<p>14 Cinnamon Toast Vanilla or Summer Berry Yogurt Craisins ***** Hamburger with Bun Lettuce Leaf & Tomato Slice Potato Wedges, Fresh Fruit Cucumber Sticks, Dressing</p>	<p>15 Banana Bread Turkey Sausage Links Strawberry Apple Crisps ***** Three Bean Chili Mac Steamed Carrots Broccoli Fruit Slushie</p>
<p>18 Plain Bagel Cream Cheese Cup Strawberry Kiwi Juice ***** Cheese Bites Marinara Sauce Cup Cucumber Sticks, Dressing Fresh Fruit</p>	<p>19 Breakfast Pizza Oranges ***** BBQ Pork Sandwich Tater Tots, Ketchup Coleslaw, Baked Beans Sliced Peaches</p>	<p>20 Breakfast Chicken Patty Brown Rice Ketchup, Craisins ***** Mini Turkey Corn Dogs Baby Carrots, Cucumber Sticks Dipping Sauce, Dressing Fresh Fruit</p>	<p>21 Country Breakfast Scramble Brown Rice Salsa Cup ***** Chicken Tenders Tater Tots, Dipping Sauce Baby Carrots, Edamame Dressing, Orange Fruit Gel</p>	<p>22 Cinnamon Roll Pork Sausage Patty Strawberry Apple Crisps ***** Hamburger Curry Brown Rice, Green Salad Cucumber Sticks, Dressing Strawberry Kiwi Juice</p>
<p>25 French Toast Sticks Maple Syrup Strawberry Kiwi Juice ***** Cheese Pizza Cucumber Sticks Edamame, Dressing Fresh Fruit</p>	<p>26 Breakfast Pizza Bagel Oranges ***** Chicken Patty Sandwich Ketchup, Mayonnaise Lettuce Leaf & Tomato Slice Tater Tots, Fresh Fruit</p>	<p>27 Breakfast Chicken Patty Brown Rice, Ketchup Strawberry Apple Crisps ***** Chili & Cheese Nachos Salsa Cup Green Salad, Dressing Strawberry Kiwi Juice</p>	<p>28 I AM GRATEFUL FOR WHAT I AM AND HAVE. MY THANKSGIVING IS PERPETUAL. <i>Henry David Thoreau</i></p>	<p>29 </p>

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."

Menu is subject to change without notice.

