

Ma'ema'e Elementary School Menu

OCTOBER 2022

Menus are available online at www.maemaeschool.com. Click on the "About Us" tab, or pick up a hardcopy at the school office.

10/3/2022	10/4/2022	10/5/2022	10/6/2022	10/7/2022
<h2>FALL BREAK</h2>				
10/10/2022	10/11/2022	10/12/2022	10/13/2022	10/14/2022
Country Gravy Pizza Pineapple Craisins	Fruited Muffin Juice Peaches	Bagel w/ Cream Cheese Fresh Fruit Pears	Cereal WW Toast Applesauce Fresh Fruit	Pork Sausage Patty Biscuit Mixed Fruits Juice
Breaded Chicken Tenders Rice Edamame & Corn Peaches	Creole Mac Green Salad Edamame Applesauce WG Roll	Hamburger Oven Potatoes Lettuce & Tomato Fresh Fruit	Cheese Bites w/ Sauce Veggie Sticks Slushie	Roast Turkey w/ Gravy Whipped Potatoes Zucchini Sticks Steamed Carrots Pears WG Roll
10/17/2022	10/18/2022	10/19/2022	10/20/2022	10/21/2022
Cheese Sticks w/ Sauce Peaches	Belgian Waffle Fresh Fruit Mixed Fruit	Yogurt w/ Granola Pears Fresh Fruit	Portugese Sausage Rice Applesauce Craisins	Cinnamon Roll Apple Chips Fresh Fruits
Cheese Pizza Green Salad Baby Carrots Fresh Fruits	Turkey Ham Sandwich WW Bun Tater Tots Coleslaw Apple Chips	Spaghetti w/ Meat Sauce Green Salad Cucumber Edamame Fresh Fruit WG Roll	Fish Sandwich Oven Potatoes Veggie Sticks Baked Beans Fruit Slush	Roast Pork w/ Gravy Rice Steamed Broccoli Baby Carrots Juice
10/24/2022	10/25/2022	10/26/2022	10/27/2022	10/28/2022
French Toast Sticks Apple Chips Pineapple	Coffee Cake Pork Sausage Patty Fresh Fruit Apple Chips	Chicken Patty Steamed Rice Fresh Fruit Peaches	Cereal WW Toast Pears Fresh Fruit	Pizza Bagel Mixed Fruits Juice
Chicken Tenders Rice Edamame Baby Carrots Veggie Sticks Applesauce	Chicken Patty Sandwich Oven Potatoes Green Salad Tomato/ Edamame Fresh Fruit	Beef Chili Nachos Mixed Green Salad Juice Salsa	Hamburger Patty w/ Gravy Steamed Rice Broccoli & Corn Fresh Fruits	Kalua Pork w/ Cabbage Rice Lomi Tomato Pineapple Chunks
10/31/2022				
Breakfast Kit Fresh Fruit				
Hamburger Curry Rice Broccoli & Corn WG Roll Slushie				

Menu subject to change without further notice. All meals include a ½ pint of milk.
"This Institution is an equal opportunity provider."