

# SEPTEMBER 2022 LUNCH & SNACK MENU

<p><i>For He satisfies the thirsty and fills the hungry with good things. Psalm 107:9</i></p> <p>*Milk is served with ALL lunches *WG: Whole Grain / WW: Whole Wheat * Condiments to be served on side (i.e., mayo, dressing) * Menu subject to change. Updated: 08/25/22</p>				
<p><i>LABOR DAY - CAMPUS CLOSED -</i></p>				
5	6	7	8	9
	Shoyu Hot Dog with Rice, Apple Slices, Carrot & Cucumber Sticks AM Snack: Zucchini Bread & Milk PM Snack: Go-gurt & Fruit	Chicken & Broccoli Casserole, WW Roll, Fruit Cocktail, Peas AM Snack: Carrots & Apples PM Snack: Pub Mix & Juice	Cheese Toast Sandwich, Apple Sauce, Green Beans AM Snack: Triscuits & Cheese PM Snack: Wheat Thins & Tuna	Cheeseburger, Apples, Carrots AM Snack: Bagel and Cream Cheese PM Snack: Fruit & String Cheese
12	13	14	15	16
Creole Macaroni, WW Roll, Pears, Corn AM Snack: Blueberry Muffin & Milk PM Snack: Graham Cracker & Milk	Tofu Chow Fun, Fruit Cocktail, Salad AM Snack: Chex Mix & Milk PM Snack: Cheez-Its & Milk	Volcano Tots w/ Biscuit, Pineapple Chunks, Salad AM Snack: Pretzels & Milk PM Snack: Rice Cake & Fruit	Beef Stew w/ Veggies & Hapa Rice, Pineapple Chunks AM Snack: Ritz Crackers & Milk PM Snack: Tortilla Chips & Cheese, 100% Juice	Turkey & Cheese Sandwich, Banana, Cucumber AM Snack: Oatmeal Squares & Milk PM Snack: Ritz Crackers & Milk
19	20	21	22	23
Hamburger Steak w/ Onions, Hapa Rice, Applesauce AM Snack: Frosted Mini Wheats & Milk PM Snack: Teddy Grahams (Chocolate) & Fruit	Chicken Chop Suey, Hapa Rice, Orange Weges AM Snack: Strawberry Muffin & Milk PM Snack: Triscuits & Cheese	Kalua Pork w/ Cabbage, Hapa Rice, Pineapple Chunks AM Snack: Go-Gurt & Fruit PM Snack: Carrots & Apples	Shoyu Chicken on Bun, Peaches, Cole Slaw AM Snack: Kix Cereal & Milk PM Snack: Pretzels & Milk	Taco Salad w/ Corn Chips, Apple Slices AM Snack: Fruit & String Cheese PM Snack: Cottage Cheese & Peaches
26	27	28	29	30
Chicken Curry w/ Hapa Rice, Orange Wedges, Green Beans AM Snack: Goldfish & Milk PM Snack: Animal Crackers & Milk	Fish Sticks, Hapa Rice, Apple Slices, Broccoli AM Snack: Bagel & Cream Cheese PM Snack: Tortilla Chips & Nacho Cheese, 100% Juice	Chicken Caesar Salad, WW Roll, Banana AM Snack: Chocolate Oatmeal & Milk PM Snack: Apples & Carrots	Egg Fried Rice, Peaches, Celery & Carrots AM Snack: Wheat Thins & Milk PM Snack: Banana Bread & Milk	<b>HOME LUNCH DAY</b>  AM Snack: Teddy Grahams (Honey) & Milk PM Snack: Pub Mix & Apple Juice