

# IAO SCHOOL

OCTOBER 2017 BREAKFAST MENU						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
*	<b>2</b> Pizza Bagel, Craisins, (Mixed Fruits)  <b>Choice:</b> Cold Cereal, WG Toast, Craisins, (Mixed Fruits)	<b>3</b> WG French Toast w/ Pancake Syrup, Apple Juice, (Strawberries)  <b>Choice:</b> Cold Cereal, WG Toast, Apple Juice, (Strawberries)	<b>4</b> Egglette,with WG Toast, Grape Juice, (Pineapples & Papaya)  <b>Choice:</b> Cold Cereal, WG Toast, Grape Juice, (Pineapples & Papaya)	<b>5</b> Portuguese Sausage, Rice, Apple Juice, (Peaches)  <b>Choice:</b> Cold Cereal, WG Toast, Apple Juice, (Peaches)	<b>6</b>  <b>Professional                      Collaboration day</b>	
*	<b>9</b>  <b>FALL</b>	<b>10</b> _____	<b>11</b> _____	<b>12</b> -----	<b>13</b>  <b>BREAK</b>	
*	<b>16</b> Breakfast Sliders, Grape Juice, (Peaches)  <b>Choice:</b> Cold Cereal, WG Toast, Grape Juice, (Peaches)	<b>17</b> Apple Pastry, Orange Juice, (Oranges)  <b>Choice :</b> Cold Cereal, WG Toast, (Oranges), Grape Juice	<b>18</b> Waffles w/ pancake syrup, Strawberries,(Apples)  <b>Choice:</b> Cold Cereal, WG Toast, Strawberries, (Apples)	<b>19</b> Fried Rice and Eggs, Apple Juice, (Fruit Cocktail)  <b>Choice :</b> Cold Cereal, WG Toast, Apple Juice, (Fruit Cocktail)	<b>20</b> Cinnamon Toast and Ham Links, Pineapples, (Craisins)  <b>Choice:</b> Cold Cereal, WG Toast, Pineapples, (Craisins)	
*	<b>23</b> Raisin Cinnamon Bagel Apple Juice (Pineapples)  <b>Choice:</b> Cold Cereal, WG Toast, Apple Juice, (Pineapples)	<b>24</b> Breakfast Smoothie and Cinnamon Toast, Craisins, (Mixed Fruits)  <b>Choice:</b> Cold Cereal, WG Toast, Craisins, (Mixed Fruits)	<b>25</b> Breakfast Quesidilla Apple Juice (Strawberries)  <b>Choice:</b> Cold Cereal, WG Toast, Apple Juice, (Strawberries)	<b>26</b> Strawberry Yogurt and Cinnamon Toast, Orange Juice (Papaya/ Pineapple)  <b>Choice:</b> Cold Cereal, WG Toast, Orange Juice, (Pineapples & Papaya)	<b>27</b> Ham and Biscuit Grape Juice (Peaches)  <b>Choice:</b> Cold Cereal, WG Toast, Grape Juice, (Peaches)	
*	<b>30</b> Maple Pancake on a Stick, Peaches, (Craisins),  <b>Choice:</b> Cold Cereal, WG Toast, Peaches, (Craisins)	<b>31</b> Portuguese Sausage, Rice, Orange Juice, (Strawberries)  <b>Choice:</b> Cold Cereal, WG Toast, Orange Juice, (Strawberries)	<b>11/1</b> Breakfast Chicken Patty, Rice, WG Toast, Grape Juice,(Mixed Fruits)  <b>Choice:</b> Cold Cereal, WG Toast, Grape Juice,(Mixed Fruits)	<b>11/2</b> Banana Bread, Apple Juice, (Pineapples)  <b>Choice:</b> Cold Cereal, WG Toast, Apple Juice, (Pineapples)	<b>11/3</b> Cinnamon Bun Bread Oranges, (Pineapples)  <b>Choice :</b> Cold Cereal, WG Toast, Oranges, (Pineapples)	
<b>* Items in                      Parenthesis                      are "Offer"</b>	<b>"This Institution is an equal opportunity provider"</b> All Meals Served With Milk. Menus are Subject to Change.					

## IAO SCHOOL

OCTOBER 2017 LUNCH MENU						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
*	<b>2</b> Beef Broccoli, Rice, Fruit Cocktail, (House Salad, Baby Carrots)	<b>3</b> Baja Fish Sandwich w/ Garlic Aioli, Asian Slaw, (Roasted Veggie's, Fruited Muffin)	<b>4</b> Corn Dog, Grape Juice, (Baked Beans, House Salad, Baby Carrots)	<b>5</b> Sweet/ Sour Pork, Rice, Veggie Juice, ( Lomi Tomatoes, Pineapples)	<b>6</b> <b>Professional Collaboration day</b>	
*	<b>9</b> <b>FALL</b>	<b>10</b> _____	<b>11</b> _____	<b>12</b> -----	<b>13</b> <b>BREAK</b>	
*	<b>16</b> Cheese Burger, Potato Wedges, (Rainbow Salad, Honeydew)	<b>17</b> Beef and Cheese Nachos, Grape Juice, (House Salad, Grape Tomato)	<b>18</b> Fish Wedge, Rice, Fruity Slushy, (Baked Beans, Rainbow Salad)	<b>19</b> Orange Chicken Nuggets, Rice, Cantaloupe, (Pickled Cabbage, Broccoli and Carrots)	<b>20</b> Asian Style Chicken, Rice, WG Roll, Peaches, ( Coleslaw, Broccoli and Carrots, Peaches)	
*	<b>23</b> Popcorn Chicken, Mashed Potatoes, Fruited Muffin, (Roast Veggie's, Apples)	<b>24</b> Pasta Florentine, French Bread. Fruit Cocktail, (House Salad, Baby Carrots)	<b>25</b> Chicken Patty Sandwich, Curly Fries, ( Lettuce Leaf and Tomato Slices, Cantaloupe)	<b>26</b> Italian Sausage Pizza, Apple Juice, (House Salad, Baby Carrots, Baked Beans)	<b>27</b> Kalua Pig and Cabbage, Rice, ( Pineapples, Lomi Tomatoes )	
*	<b>30</b> Hot Dog, Tater Tots, (House Salad, Apples)	<b>31</b> Creole Macaroni, Fruity Slushy, French Bread, (House Salad)	<b>1</b> Beef Stew, Rice, (House Salad, Fruit Cocktail)	<b>2</b> Chicken Nuggets, Rice, Pineapples, ( Roasted Veggie's, Baby Carrots, Hummus)	<b>3</b> Chicken Penne Pasta, Vegetable Medley, (WG Roll, Oranges)	
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October 6<sup>th</sup> – Professional Collaboration Day (End of 1<sup>st</sup> Quarter)  
 October 9-11<sup>th</sup> – Fall Break