



# HMA Ka Lama Iki Lunch Menu 2022-2023

	Monday	Tuesday	Wednesday	Thursday	Friday Grab and go
Week 1	Korean Fried Tofu, rice, salad, fruit, juice or water	Haystacks (taco salad) w/ nacho cheese, fruit, brownie, juice or water	Spaghetti - Red Sauce, garlic bread, salad, fruit, juice or water	Corn chowder soup & Egg salad sandwich, edamame, cookie	Pizza, salad, dessert, juice/water
Week 2	Sweet & Sour tofu, rice, veggie chinese chicken salad, watermelon, juice or water	Chili Cheese Dogs with fresh fruit & tater tots Juice or water	Cheese Tortellini Alfredo Sauce, garlic bread, salad, fruit, juice or water	Breakfast for Lunch waffle or pancake Scrambled eggs, fruit, Juice or water	Taco bell Order: Cheese & bean burrito OR Cheese quesadilla dessert, juice/water <i>PRE-ORDER THURSDAY</i>
Week 3	Veggie Stir Fry, rice, salad, fruit, juice or water	Veggie Chicken Nuggets/or PBJ, rice, carrot stick, fruit, or juice or water	Fresh tomato & basil pasta, garlic bread, salad, fruit, juice or water	Grilled Cheese & Tomato Soup, fruit, Juice or water	Pizza, salad, dessert, juice/water
Week 4	Sweet & Sour scallops, rice, mixed veggies, fruit, pb&j, juice or water	Tacos/Burrito & Spanish Rice, salad, cookie, juice or water	Kraft Macaroni & Cheese, apple sauce, bread, salad, juice or water	Hot Dogs & Local Chips, coleslaw, pudding, juice or water	Taco bell Order Cheese and bean burrito OR Cheese quesadilla dessert, juice/ water

+Peanut butter jelly sandwich can be subbed as an everyday lunch item. Updated 8.04.22