



HMA Ka Lama Iki Lunch Menu 2024-25

	Monday	Tuesday	Wednesday	Thursday	Friday Grab and go
Week 1	Veggie Loco Moco, corn, cookie, juice	Haystacks (taco salad) w/ nacho cheese, fruit, juice	Spaghetti - Red Sauce, garlic bread, caesar salad, brownie, juice	Veggie Stew, rice, mac salad, fruit, juice	Pizza, salad, cookie, juice
Week 2	Korean Fried Tofu, Rice, brownie, dorito salad, juice	Veggie Beef and Broccoli, Rice, fruit, and juice	Cheese Tortellini Alfredo Sauce, garlic bread, cookie, salad, juice	Breakfast for Lunch Pancakes, tater tots scrambled eggs, fruit, juice	Cheese Quesadilla or Cheese & Bean Burrito, churros, juice
Week 3	Fresh tomato & basil pasta, garlic bread, cookie, caesar salad, juice	Plant-based chicken nuggets, fries, carrot stick, fruit, juice	Sweet Tofu & Veggies, Rice, toss salad, brownie, juice	Grilled Cheese & Tomato Soup, fruit Juice	Pizza, salad, cookie, juice
Week 4	Korean Fried tofu, rice, Dorito salad, brownie, fruit, juice	Tacos/Burrito & Spanish Rice, fruit, juice	Macaroni & Cheese, bread, dorito salad, cookie, juice	Breakfast for lunch French Toast sticks, scrambled eggs, fruit, juice	Cheese Quesadilla or Cheese & Bean Burrito, churros, juice

Updated 08.10.24