



## HMA Ka Lama Iki Lunch Menu 2021-2022

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday Grab and go</b>
Week 1	BBQ Balls w/ mashed potatoes and fruit	Haystacks w/ nacho cheese and fritos	Spaghetti - Red Sauce, garlic bread, salad	Corn Chowder & Egg Salad Sandwich	Pizza & Fruit
Week 2	Sweet & Sour Tofu, rice, veggies, fruit	Chili Dogs with fresh fruit and tater tots	Cheese Tortellini - Alfredo Sauce, garlic bread, salad	Breakfast for Lunch Egg sandwich or waffles/pancake	Taco bell Order: Cheese and bean burrito OR Cheese quesadilla
Week 3	Sweet & Sour Skallops, rice, veggies, fruit	Veggie Chicken Nuggets and carrot sticks, fruit	Lasagna, garlic bread, and salad	Grilled Cheese & Tomato Soup, fruit	Pizza & Fruit
Week 4	Broccoli Griller & Rice, veggies, fruit	Veggie Burritos & Spanish Rice, fruit	Kraft Macaroni & Cheese, apple sauce, salad	Hot Dogs & Local Chips	Taco bell Order Cheese and bean burrito OR Cheese quesadilla