

Ho‘ohua Early Learning Organization

Menu

Breakfast & lunch are served with 1% unflavored milk.

Menu is subject to change without notice as items may not be available.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 B: Pancake w/Banana L: Cold cut Sandwich WG with melon and salad S: Carrots & Grapes	2 B: Cherrios w/Strawberries L: Turkey Chili w/Rice & Fruit Salad S: Cold tortilla wrap WG	3 B: English Muffin WG w/Scrambled Egg L: Chicken Noodle soup w/Oranges S: Chex Mix & Apple Juice	4 B: Avocado Toast WG L: Chicken Nuggets w/ sweet potato fries & grapes S: Tuna & Soda Crackers	5 B: Waffle WG w/Blueberries L: Pork Luau Stew w/ Poi and pineapple S: Boiled egg & Grapes
6 B: Muffin WG w/Banana L: Fish Sticks w/tater tots, Carrots/Peas & Apples S: Ritz Crackers w/String Cheese	7 B: Bagel WG w/Apples L: Beef Stew w/Hapa rice & Pineapple S: Yogurt w/strawberries	8 B: Oatmeal WG w/Dried Fruit L: Salisbury Steak w/Mashed potatos, green beans & pears S: Goldfish w/carrot sticks	9 B: Chex w/fruit cocktail L: Chicken sandwich WG w/ oranges S: Cheezits & Juice	10 B: Omelette with Tomato, spinach, Onion L: Kalua Pork & Cabbage w/Poi WG & Kiwis S: Animal Crackers & Oranges

Food Item	Serving Size
Round/Flake Cereal (Cheerios, Toasted Oats, Mini Wheat)	½ ounce
Puff Cereal (Kix, Chex)	¾ cup
Oatmeal (Quaker) WG	½ cup
Crackers (Ritz, Cheezits)	4 crackers
Goldfish (Pepperridge Farms) WG	26 crackers
Yogurt (Yoplait)	2 ounces
Cheese (Sargento, Galbani)	½ ounce
Cold Cuts - Turkey/Ham (Hillshire Farms)	½ ounce
Bread, Bagel-W/G	½ slice
Milk- Unflavored 1% (Member’s Mark, Kirkland)	¾ cup
Juice -100% (Caprisun, Kirkland, Member’s Mark, Dole)	½ cup
Vegetables (seasonal, luau leaf, carrots, peas, cabbage, salad, celery, onion, lettuce, avocado, etc.)	½ cup

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Fruit (apples, oranges, grapes, strawberries, melon, peaches, plums, banana, other seasonal,etc.)	½ cup
Enriched Noodle(no yolk)	½ ounce
Rice (hinode, calrose, sunwest)	¼ ounce
Cooked protein (chicken, pork, beef, turkey, fish)	1 ½ ounce
Kalo/poi (Hanalei, he mea ono, fresh, taro brand)	½ ounce
Dried Fruit (cranberries, blueberries, apricots, raisins)	¼ cup
Pancake mix (Krusteaz, Bisquick, Members Mark)- 3” circle	1 Serving
Waffle-4” square	1 serving
Chicken Nuggets	Tyson,
Dinner Roll - WG	½ roll
Animal Crackers (Members Mark, Barnum’s)	8 Crackers
Cheezits	9 Crackers
English Muffin WG	½ Muffin
Ulu WG	¼ cup
Egg	½ Large
Chicken Patty (Tyson, Foster Farms)	1 ½ ounce
Sweet potato Fries	½ ounce
Tater tots	½ ounce