



Kua O Ka La

A New Century Public Charter School

February 2025

Pre-K - 6th

Breakfast 7:30-8:00

MONDAY

3

TBD

TUESDAY

4

- Cheese Stuffed Breadstick
- Fruit Punch Juice
- Apple
- Strawberry Kiwi Juice
- Marinara Sauce
- Milk (1% or fat free, white or chocolate milk)
CHOICE OPTIONS
- Vanilla or Summer Berry Yogurt
- AND
- Granola, Assorted

WEDNESDAY

5

- Scrambled Egg with Cheese
- Salsa Cup
- Brown Rice
- Oranges
- Strawberry Craisins
- Milk (1% or fat free, white or chocolate milk)
CHOICE OPTIONS
- Assorted Cereal
- AND
- Toast
- Assorted Jelly

THURSDAY

6

- Portuguese Sausage
- Brown Rice
- Ketchup
- Fresh Fruit
- Strawberry Kiwi Juice
- Milk (1% or fat free, white or chocolate milk)
CHOICE OPTIONS
- Vanilla or Summer Berry Yogurt
- AND
- Granola, Assorted

FRIDAY

7

- Plain Bagel
- Cream Cheese Cup
- OR
- Assorted Jelly
- Unsweetened Applesauce
- Pears
- Milk (1% or fat free, white or chocolate milk)
CHOICE OPTIONS
- Assorted Cereal
- AND
- Toast
- Assorted Jelly

10



Teachers Institute

11

- Cheese Stuffed Breadstick
- Marinara Sauce
- Strawberry Apple Crisps
- Pineapple
- Milk (1% or fat free, white or chocolate milk)
CHOICE OPTIONS
- Vanilla or Summer Berry Yogurt
- AND
- Granola, Assorted
- Fresh Fruit

12

- Portuguese Sausage
- Brown Rice
- Ketchup
- Sliced Peaches
- Unsweetened Applesauce
- Milk (1% or fat free, white or chocolate milk)
CHOICE OPTIONS
- Assorted Cereal
- AND
- Toast
- Assorted Jelly

13

- Cinnamon Toast
- Vanilla or Summer Berry Yogurt
- Fresh Fruit
- Pears
- Strawberry Craisins
- Milk (1% or fat free, white or chocolate milk)
CHOICE OPTIONS
- Oatmeal
- AND
- Toast
- Assorted Jelly

14

- Sweet Cinnamon Belgian Waffle
- Chicken Tenders
- Oranges
- Grape Juice
- Milk (1% or fat free, white or chocolate milk)
CHOICE OPTIONS
- Assorted Cereal
- AND
- Toast
- Assorted Jelly

17



Presidents Day

18

- Breakfast Pizza
- Fresh Fruit
- Milk (1% or fat free, white or chocolate milk)
CHOICE OPTIONS
- Vanilla or Summer Berry Yogurt
- AND
- Granola, Assorted
- Fresh Fruit

19

- Breakfast Chicken Patty
- Brown Rice
- Ketchup
- Pears
- Sliced Peaches
- Milk (1% or fat free, white or chocolate milk)
CHOICE OPTIONS
- Assorted Cereal
- AND
- Toast
- Assorted Jelly
- Vanilla or Summer Berry Yogurt

20

- Breakfast Burrito
- OR
- Country Breakfast Scramble
- Brown Rice
- Salsa Cup
- Pineapple Chunks
- Milk (1% or fat free, white or chocolate milk)
CHOICE OPTIONS
- Vanilla or Summer Berry Yogurt
- AND
- Granola, Assorted
- Fresh Fruit

21

- Plain Bagel
- Cream Cheese Cup
- OR
- Assorted Jelly
- Mixed fruit
- Strawberry Kiwi Juice
- Milk (1% or fat free, white or chocolate milk)
CHOICE OPTIONS
- Assorted Cereal
- AND
- Toast
- OR
- Assorted Jelly

24

- French Toast Sticks
- Oranges
- Grape Juice
- Maple Syrup
- CHOICE OPTIONS
- Assorted Cereal
- AND
- Toast
- Assorted Jelly

25

- Breakfast Pizza Bagel
- Mixed fruit
- Strawberry Craisins
- Milk (1% or fat free, white or chocolate milk)
CHOICE OPTIONS
- Vanilla or Summer Berry Yogurt
- AND
- Granola, Assorted

26

- Breakfast Chicken Slider
- Pineapple Chunks
- Strawberry Apple Crisps
- Milk (1% or fat free, white or chocolate milk)
CHOICE OPTIONS
- Assorted Cereal
- AND
- Toast
- Assorted Jelly
- OR
- Vanilla or Summer Berry Yogurt
- AND
- Granola, Assorted

27

- Portuguese Sausage
- Brown Rice
- Ketchup
- Unsweetened Applesauce
- Sliced Peaches
- Milk (1% or fat free, white or chocolate milk)
CHOICE OPTIONS
- Vanilla or Summer Berry Yogurt
- AND
- Granola, Assorted

28

- Coffee Cake Muffin Bar
- Turkey Sausage Links
- Milk (1% or fat free, white or chocolate milk)
- Apple
- Mixed fruit
- CHOICE OPTIONS
- Assorted Cereal
- AND
- Toast
- Assorted Jelly

This institution is an equal opportunity provider.

Fresh Fruit: Grapes , Pineapple , Watermelon , Pears , Oranges , Banana , Apple , Papaya , Strawberries , Honeydew Melon , Cantaloupe **All**

K-6th meals include a choice of the following.: Fat-Free Chocolate Milk , Fat-Free White Milk , 1% White Milk

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Kua O Ka La

A New Century Public Charter School

February 2024

Pre-K - 6th

Lunch 10:50-11:30

MONDAY

3

TBD

TUESDAY

4

- Fish Fillet Sandwich with
- Lettuce Leaf
- Tomato Slice
- Choice of Chips
- Baked Potato Chips or
- Nacho Chips with
- Celery Sticks or
- Cucumber Sticks
- Orange Fruit Gel
- Sliced Peaches Dressing
- Milk (1% or fat free, white or chocolate milk)

WEDNESDAY

5

- Spaghetti with
- Meat Sauce Green
- Salad Edamame
- Sliced Peaches
- Pears Garlic Bread
- or Whole Grain Roll Dressing Milk (1% or fat free, white or chocolate milk)

THURSDAY

6

- Chicken Potstickers (Gyoza) Baby
- Carrots Celery Sticks or Cucumber Sticks
- Fresh Fruit Honey
- Sriracha Dipping Sauce or Shoyu Dipping Sauce
- Dressing Milk (1% or fat free, white or chocolate milk)

FRIDAY

7

- Tasty Tenders with
- Brown Rice Broccoli
- Baked Beans
- Strawberry Apple
- Crisps Fresh Fruit
- Whole Grain Roll
- Dipping sauce Milk (1% or fat free, white or chocolate milk)

10



Teachers Institute

11

- Hot Dog with Bun
- Tater Tots Baby
- Carrots Ketchup
- Mustard Sliced
- Peaches Fresh Fruit Milk (1% or fat free, white or chocolate milk)

12

- Mac & Cheese
- Steamed Carrots
- Broccoli Passion
- Orange Guava (POG)
- Slushie Pineapple
- Chunks Whole Grain Roll Milk (1% or fat free, white or chocolate milk)

13

- Hamburger with Bun or
- Teri Burger
- Lettuce Leaf
- Tomato Slice
- Potato Wedges
- Sliced Peaches
- Oranges
- Celery Sticks or
- Cucumber Sticks Dressing
- Ketchup
- Milk (1% or fat free, white or chocolate milk)

14

- Pepperoni Pizza
- Baby Carrots Celery Sticks or Cucumber Sticks
- Strawberry
- Kiwi Juice Apple
- Fresh Fruit Dressing
- Milk (1% or fat free, white or chocolate milk)

17



Presidents Day

18

- Mini Turkey Corn Dogs Baby
- Carrots Celery Sticks or Cucumber Sticks
- Strawberry
- Craisins Oranges Dipping sauce Dressing Milk (1% or fat free, white or chocolate milk)

19

- Cheese Bites
- Marinara Sauce
- Celery Sticks
- Oranges
- Dressing
- Milk (1% or fat free white, or fat free chocolate milk)

20

- Chicken Tenders
- Potato Wedges
- Whole Grain Roll
- Baby Carrots
- Edamame
- Strawberry Fruit Gel
- Pears
- Dipping sauce
- Dressing
- Milk (1% or fat free, white or chocolate milk)

21

- Hamburger Stew and
- Brown Rice
- Cucumber Sticks
- Green Salad
- Cranberry Raspberry Juice
- Pineapple Chunks
- Whole Grain Roll
- Dressing
- Milk (1% or fat free, white or chocolate milk)

24

- Cheese Pizza
- Celery Sticks or
- Cucumber Sticks
- Passion Orange Guava (POG)
- Slushie
- Pineapple Chunks
- Edamame Dressing
- Milk (1% or fat free, white or chocolate milk)

25

- Chili & Cheese Nachos or
- Soft Shell Beef Tacos
- Green Salad
- Salsa Cup
- Strawberry Kiwi Juice
- Mixed fruit
- Dressing
- Milk (1% or fat free, white or chocolate milk)

26

- Chicken Patty Sandwich with
- Lettuce Leaf
- Tomato Slice
- Emoticon Mashed Potato Shapes
- Strawberry Apple Crisps
- Pears
- Ketchup
- Mayonnaise
- Milk (1% or fat free, white or chocolate milk)

27

- Roast Turkey
- Whole Grain Bun
- Whipped Potatoes
- Turkey Gravy
- Zucchini
- Mixed fruit
- Craisins, Original
- Milk (1% or fat free, white or chocolate milk)

28

- Beef Patty w/ Gravy or
- Paniolo Patty
- Brown Rice
- Steamed Carrots
- Edamame
- White Grape Peach Slushie
- Sliced Peaches
- Whole Grain Roll
- Milk (1% or fat free, white or chocolate milk)

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