

August 2023

BREAKFAST

Mokapu Elementary

Kindergarten - Adult Breakfast

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast Pricing • Regular Priced Breakfast: \$1.10 • Reduced Price Breakfast: \$0.30 • Second & Subsequent Student: \$2.40 • Adult: \$2.40	1 Teacher Work Day	2 Teacher Work Day	3 Teacher Work Day	4 Teacher Work Day
6	7	8	9 • Plain Bagel • Cream Cheese Cup • Sliced Peaches • Mixed fruit • Milk (1% or fat free, white or chocolate milk)	10 • Breakfast Pizza • Fresh Fruit • Pineapple Chunks • Milk (1% or fat free, white or chocolate milk)	11 • Breakfast Chicken Patty • Brown Rice • Pears • Strawberry Kiwi Juice • Milk (1% or fat free, white or chocolate milk)
13	14 • French Toast Sticks • Pineapple Chunks • Strawberry Apple Crisps • Maple Syrup • Milk (1% or fat free, white or chocolate milk)	15 • Portuguese Sausage • Brown Rice • Fresh Fruit • Sliced Peaches • Milk (1% or fat free, white or chocolate milk)	16 • Coffee Cake Muffin Bar • Pork Sausage Patty • Mixed fruit • Unsweetened Applesauce • Milk (1% or fat free, white or chocolate milk)	17 • Breakfast Pizza Bagel • Fresh Fruit • Pears • Milk (1% or fat free, white or chocolate milk)	18 Statehood Day
20	21 • Plain Bagel • Cream Cheese Cup • Pears • Strawberry Apple Crisps • Milk (1% or fat free, white or chocolate milk)	22 • Portuguese Sausage • Brown Rice • Fresh Fruit • Pineapple Chunks • Milk (1% or fat free, white or chocolate milk)	23 • Country Gravy Pizza • Fresh Fruit • Strawberry Kiwi Juice • Milk (1% or fat free, white or chocolate milk)	24 • Cheese Stuffed Breadstick • Marinara Sauce • Fresh Fruit • Milk (1% or fat free, white or chocolate milk)	25 • Cinnamon Toast • Strawberry Craisins • Sliced Peaches • Milk (1% or fat free, white or chocolate milk)
27	28 • Sweet Cinnamon Belgian Waffle • Maple Syrup • Mixed fruit • Sliced Peaches • Milk (1% or fat free, white or chocolate milk)	29 • Portuguese Sausage • Brown Rice • Pineapple Chunks • Unsweetened Applesauce • Milk (1% or fat free, white or chocolate milk)	30 • Cheese Stuffed Breadstick • Marinara Sauce • Fresh Fruit • Milk (1% or fat free, white or chocolate milk)	31 • Banana Bread • Pork Sausage Patty • Fresh Fruit • Grape Juice • Milk (1% or fat free, white or chocolate milk)	

August 2023

LUNCH

Mokapu Elementary

Kindergarten - 8th Grade Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Lunch Pricing • Regular Priced Lunch (PreK-8): \$2.50 • Regular Priced Lunch (9-12): \$2.75 • Reduced Price Lunch (PreK-12): \$0.40 • Second Student Entree: \$2.00 • Second & Subsequent Student: \$5.50 • Adult: \$5.50	1 Teacher Work Day	2 Teacher Work Day	3 Teacher Work Day	4 Teacher Work Day
6	7	8	9 • Cheese Bites • Marinara Sauce • Cucumber Sticks Baby Carrots • Fresh Fruit • Milk (1% or fat free, white or chocolate milk)	10 • Chicken Tenders • Brown Rice • Baby Carrots • Edamame • Strawberry Fruit Gel • Milk (1% or fat free, white or chocolate milk)	11 • Mini Turkey Corn Dogs • Baby Carrots • Cucumber Sticks • Fresh Fruit • Milk (1% or fat free, white or chocolate milk)
13	14 • Cheese Pizza • Baby Carrots • Cucumber Sticks • Fresh Fruit • Edamame • Milk (1% or fat free, white or chocolate milk)	15 • Chicken Patty Sandwich • Lettuce Leaf • Tomato Slice • Tater Tots • Fresh Fruit • Chicken Noodle Soup • Milk (1% or fat free, white or chocolate milk)	16 • Chili & Cheese Nachos • Green Salad • Salsa Cup • Strawberry Kiwi Juice • Milk (1% or fat free, white or chocolate milk)	17 • Beef Patty w/ Gravy • Brown Rice • Steamed Carrots • Baked Beans • Apple • Milk (1% or fat free, white or chocolate milk)	18 Statehood Day
20	21 • Tasty Tenders • Brown Rice • Broccoli • Baked Beans • Orange Fruit Gel • Milk (1% or fat free, white or chocolate milk)	22 • Hamburger with Bun • Lettuce Leaf • Tomato Slice • Tater Tots • Baby Carrots • Cucumber Sticks • Fresh Fruit • Milk (1% or fat free, white or chocolate milk)	23 • Creole Macaroni (w/cheese) • Green Salad • Corn • Sliced Peaches • Whole Grain Roll • Milk (1% or fat free, white or chocolate milk)	24 • Baked Chicken with Gravy • Brown Rice • Steamed Carrots • Edamame • Pears • Milk (1% or fat free, white or chocolate milk)	25 • Chicken Potstickers (Gyoza) • Baby Carrots • Cucumber Sticks • Fruit Punch Juice • Milk (1% or fat free, white or chocolate milk)

27**28**

- Mac & Cheese
- Steamed Carrots
- Broccoli
- Fresh Fruit
- Milk (1% or fat free, white or chocolate milk)

29

- Tuna Salad Sandwich
- Lettuce Leaf
- Tomato Slice
- Baked Potato Chips
- Baby Carrots
- Cucumber Sticks
- Strawberry Fruit Gel
- Milk (1% or fat free, white or chocolate milk)

30

- Pepperoni Pizza
- Baby Carrots
- Baby Carrots
- Cucumber Sticks
- Fresh Fruit
- Milk (1% or fat free, white or chocolate milk)

31

- Kalua Pork with Cabbage
- Brown Rice
- Lomi Tomato (Pico de gallo)
- Edamame
- Pineapple Chunks
- Milk (1% or fat free, white or chocolate milk)

Dressings & Sauces: Caesar Vinaigrette Dressing , Ranch Dressing/Dip , Italian Vinaigrette Dressing , Basic Salad Dressing , French Dressing , Sesame Ginger Dressing

Dipping Sauces: Honey BBQ Dipping Sauce , Honey Mustard Dipping Sauce , Honey Sriracha Dipping Sauce , Ranch Dressing/Dip , Ketchup , Mustard , BBQ Sauce

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

All K-12 menus include a choice of the following.: 1% White Milk , Fat-Free Chocolate Milk

Menus are subject to change without notice.

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