

# **Hawaii Island Adult Care May Breakfast Menu**

*\*All grain items are whole-grain rich*

All meals include 1% Low-Fat Unflavored Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Yogurt Whole Wheat Toast w/Jelly Sliced Ham Fruit  <i>5</i>	Banana Pancakes  w/Maple Syrup Fruit  <i>6</i>	Link Sausage  Eggs Hapa Rice Fruit  <i>7</i>	French Toast  w/Maple Syrup Scrambled Eggs Fruit  <i>8</i>	Fried Rice  Eggs Fruit  <i>9</i>
Apple & Cinnamon Oatmeal w/ Hard boiled egg Fruit  <i>12</i>	Whole Grain Bagel w/Cream Cheese Eggs Fruit  <i>13</i>	Portuguese Sausage Eggs Hapa Rice Fruit  <i>14</i>	Ham and Cheese English Muffin Fruit  <i>15</i>	Belgian Waffle Sausage Patty Fruit  <i>16</i>
Loco Moco Hapa Rice Fruit  <i>19</i>	Banana Pancakes w/Maple Syrup Fruit  <i>20</i>	Link Sausage Eggs Hapa Rice Fruit  <i>21</i>	Veggie Scramble Hapa rice Sausage Patty Fruit  <i>22</i>	Fried Rice Eggs Fruit  <i>23</i>
<b><i>Memorial Day Holiday</i></b>  <i>26</i>	Whole Grain Bagel w/Cream Cheese Eggs Fruit  <i>27</i>	Portuguese Sausage Eggs Hapa rice Fruit  <i>28</i>	Blueberry Muffin Yogurt Fruit  <i>29</i>	Belgian Waffle Sausage Patty Fruit  <i>30</i>

**\*\*Menu is subject to change without notice**

**This Institution is an Equal Opportunity Provider**

# Hawaii Island Adult Care

## May Lunch Menu

*\*All grain items are whole-grain rich*

*\*All meals include 1% Low-Fat Unflavored Milk*

Monday	Tuesday	Wednesday	Thursday	Friday
Shoyu Pork Hapa Rice Corn/Edamame Pears Whole Wheat Bread <span style="float: right;">5</span>	Cheeseburger Mac Diced Carrots Oranges Whole Wheat Bread <span style="float: right;">6</span>	Tuna Sandwich Romaine Tossed Salad Baby Carrots Pineapple Dressing Packet <span style="float: right;">7</span>	Hamburger Goulash Hapa Rice Broccoli Apples Whole Wheat Bread <span style="float: right;">8</span>	Korean Grilled Chicken Hapa Rice Veggie Sticks w/ dressing Fruit Cocktail Whole Wheat Bread <span style="float: right;">9</span>
Cheeseburger Whole Grain Bun Romaine Tossed Salad Edamame Apples <span style="float: right;">12</span>	Kalua Pork & Cabbage Hapa Rice Okinawan Sweet Potato Pineapple Whole Wheat Bread <span style="float: right;">13</span>	Turkey Sandwich w/Cheese Whole Grain Bread Veggie Sticks Dressing Packet Pears <span style="float: right;">14</span>	Chicken Nuggets Hapa Rice Broccoli Oranges <span style="float: right;">15</span>	Mac & Cheese Corn & Carrots Peaches Whole Wheat Bread <span style="float: right;">16</span>
Chicken Patty Sandwich Whole Grain Bun Romaine Tossed Salad Baby Carrots Pears <span style="float: right;">19</span>	Chili Dog & Hapa Rice Broccoli Oranges Whole Wheat Bread <span style="float: right;">20</span>	Grilled Cheese Sandwich Whole Grain Bread Veggie Sicks Peaches <span style="float: right;">21</span>	Pork & Peas Hapa Rice Corn Pineapple Whole Wheat Bread <span style="float: right;">22</span>	Spaghetti Carrots/Edamame Apples Whole Wheat Bread <span style="float: right;">23</span>
<b>Memorial Day            Holiday</b> <span style="float: right;">26</span>	BBQ Pork Hapa Rice Coleslaw/Baked Beans Peaches Whole Wheat Bread <span style="float: right;">27</span>	Cheese Quesadilla Veggie Sticks Dressing Packet Oranges <span style="float: right;">28</span>	Chicken Parmesan Whole Grain Pasta Corn Pineapple Whole Wheat Bread <span style="float: right;">29</span>	Cheese Pizza Romaine Tossed Salad Baby Carrots Fruit Cocktail Dressing packet <span style="float: right;">30</span>

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