

Mitchell Family Kitchen

our menu for real life



Breakfast Choices

served with your choice of milk or orange juice

Sunday *fresh strawberry oatmeal pancakes with warmed pure maple syrup*

Monday *eggs scrambled, whole grain toast w/butter, sausage links*

Tuesday *yogurt topped with granola and raw honey*

Wednesday *cereal of your choosing choices include: Honey Nut Cheerios, Granola, Frosted Mini Wheats*

Thursday *cereal of your choosing choices include: Honey Nut Cheerios, Granola, Frosted Mini Wheats*

Friday *omelet: eggs filled with cheese and a variety of fresh vegetables*

Saturday *pancakes with pure maple syrup*



Lunches

Sunday *grilled chicken breast, steamed broccoli, and sweet potato fries*

Monday *grilled ham and cheese sandwich with ketchup; served with a bowl of tomato soup for dipping*

Tuesday *lunch with a friend: Hale Iwa Eats: chicken pad thai*

Wednesday *BLT with mayo; served with choice of fruit*

Thursday *picnic lunch! peanut butter and Grandma's jelly sandwiches; served with choice of fresh fruit*

Friday *banana split sandwiches; served with a bowl of watermelon balls*

Saturday *cheese quesadilla; served with choice of fresh fruit*



Dinners

Sunday *hot air popped popcorn topped with melted butter, kosher salt, and a little bit of sugar*

Monday *chicken fajitas: chicken breast, onions and bell peppers sauteed and folded into tortillas*

Tuesday *foot long MI6 sub sandwich from the commissary, with a side of potato chips*

Wednesday *spaghetti w/tomato ragu; served with baby greens salad and a side of garlic bread*

Thursday *grilled hot dogs served with macaroni and cheese (from a blue box) and steamed broccoli*

Friday *make your own pizza: toppings include a variety of cheese, meats and veggies*

Saturday *garlic shrimp over angel hair pasta served alongside a mixture of baby greens*

This is as restaurant as it gets in this house, if you don't like what's for dinner - oh well!