

April 2012



Michi's Fresh, Healthy Lunch Menu (menu subject to change due to availability)
 Order online at www.cookingfreshforyou.com

111111

111111

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Shoyu Chicken Brown rice Seasoned mixed veg Mandarin orange	3 Bean & Cheese Burrito Brown rice Seasoned corn Chilled pear	4 Chicken Caesar Wrap Baby carrots Fresh cut pineapple	5 Creamy Chicken Cassarole w/pasta Garlic wheat bread Tossed salad Fresh cut orange	6 Good Friday No School
9 Mac N Cheese Wheat bread w/butter Seasoned mixed veg Chilled pear	10 BBQ pulled pork Mash Potato Southern style peas Fresh cut orange	11 Teri burger on wheat bun Baked potato wedges Baby carrots w/ranch Fresh cut pineapple	12 Teri chicken Brown rice Baby carrots Fresh cut apple	13 Fried rice w/chicken & veggies Tossed salad w/ranch Fresh cut pineapple
16 Turkey Italian sausage w/pasta Garlic wheat bread Seasoned corn Chilled pear	17 Chicken Shepards Pie Tossed salad w/ranch Fresh cut apple	18 Cheese pizza on honey wheat crust Caesar salad w/croutons Fresh cut pineapple	19 Chow Mein Noodle w/chicken & veggies Baby carrots Fresh cut orange	20 Kalua Pork & cabbage Brown rice Haupia dessert Fresh cut pineapple
23 Wheat spaghetti w/ marinara Wheat bread w/butter Mixed veggies w/edamame Mandarin orange	24 Baked Mochiko chicken Brown rice Baby carrots Fresh cut pineapple	25 Chicken Curry Brown rice Seasoned corn Chilled peaches	26 Somen noodle w/ham, egg, fish cake Shoyu potato Baby carrot Fresh cut orange	27 Grilled cheese on wheat Baked potato wedges Tossed salad Fresh cut apple wedge
30 Turkey Meatloaf Mash potato Seasoned corn Chilled pear				

Payment/Orders due by March 30, 2012.

Please make checks payable and mail to: Michi's, 500 Lunalilo Home Road, 18F, Honolulu, HI 96825. Phone: 286-6484

Order online at www.cookingfreshforyou.com

Honolulu Waldorf School

Lunch Order Form

April 2012

CONTACT INFO

Student's Name: _____

(one form per student)

Grade: ____/Classroom: _____

Contact Phone No. _____

Email Address: _____

OPTION 1: SELECT ENTIRE MONTH

I would like to purchase lunches for the entire month.

Enclosed is my payment:

Pre – 2nd: 20 meals @ \$3.60 each = **\$72.00**

3rd – 8th: 20 meals @ \$3.95 each = **\$79.00**

XL/HIGH SCH.: 20 meals @ \$4.25 each = **\$85.00**

GLUTEN & DAIRY FREE OPTION (everyday only):

Pre – 2nd: 20 meals @ \$4.60 each = **\$92.00**

3rd – 8th: 20 meals @ \$4.95 each = **\$99.00**

XL/HIGH SCH.: 20 meals @ \$5.25 each = **\$105**

OPTION 2: SELECT CERTAIN DAYS

Write the dates which you would like to purchase lunch and calculate amount due below.

Week of April 2: _____

Week of April 9: _____

Week of April 16: _____

Week of April 23: _____

Week of April 30: _____

PreK – 2nd: _____ meals @ \$3.60 = _____

3rd – 8th: _____ meals @ \$3.95 = _____

XL/Hi SCH: _____ meals @ \$4.25 _____

Gluten & dairy free option is only available for daily service purchases. **Orders are due March 30.** Circle the days you are ordering and save calendar portion for