

May 2012



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mac N Cheese * Wheat bread w/butter Southern style peas Mandarin orange	2 Shoyu chicken Brown rice Tossed salad w/ranch Fresh cut orange	3 Teri Burger on wheat bun Baked potato wedges Baby carrots Fresh cut apple	4 Chicken curry Brown rice Seasoned mixed veg Fresh cut pineapple
7 Wheat spaghetti w/ marinara Wheat garlic bread Seasoned corn Chilled peaches	8 Turkey sloppy Joe on wheat bun Baked potato wedge Creamy coleslaw Fresh cut pineapple	9 Cheese pizza on honey wheat crust* Caesar salad w/cROUTONS Fresh cut apple	10 Teri chicken Brown rice Seasoned mixed veg Chilled mandarin orange	11 Fried rice w/chicken & veggies Tossed salad w/ranch Fresh cut orange
14 Turkey Italian sausage w/pasta Wheat bread w/butter Seasoned corn Chilled pear	15 Stir fried noodle w/egg & veggies Seasoned mixed veggies w/edamame Fresh cut orange	16 BBQ pulled pork Mash Potato Southern style peas Chilled mandarin orange	17 Somen noodle with ham, cucumber, egg, fishcake Shoyu potato Tossed salad Cut pineapple	18 Chicken Caesar wrap Baby carrots Fresh cut apple
21 Warm ham & swiss sandwich Baby carrots Chilled peaches	22 Teri burger on wheat bun Baked potato wedges Tossed salad w/ranch Fresh cut orange	23 Baked mochiko chicken Brown rice Seasoned corn Chilled peaches	24 Kalua pork & cabbage Brown rice Haupia dessert Fresh cut pineapple	25 No School
28 Memorial Day	29 Chicken Ala King w/noodles Wheat bread w/butter Seasoned corn Chilled pear	30 Grilled Cheese Sandwich on wheat Baked potato wedges Tossed salad Fresh cut apple	31 Bean & cheese burrito Tortilla chips Baby carrots Fresh cut orange	
Payment/Orders due by April 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
May 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: 21 meals @ \$3.60 each = **\$75.60**

3rd - 8th: 21 meals @ \$3.95 each = **\$82.95**

XL/HIGH SCH.: 21 meals @ \$4.25 each = **\$89.25**

GLUTEN & DAIRY FREE OPTION (everyday only):

Pre - 2nd: 21 meals @ \$4.60 each = **\$96.60**

3rd - 8th: 21 meals @ \$4.95 each = **\$103.95**

XL/HIGH SCH.: 21 meals @ \$5.25 each = **\$110.25**

OPTION 2: SELECT CERTAIN DAYS

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

Week of May 1: _____

Week of May 7: _____

Week of May 14: _____

Week of May 21: _____

Week of May 28: _____

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 April 30.** Circle the days you are ordering and save calendar portion for your records.