

# February 2012

Michi's Fresh, Healthy Lunch Menu  
(menu subject to change due to availability)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Baked Mochiko chicken Brown rice Seasoned corn Fresh cut apple	2  SOS FAMILY DAY NO LUNCH SERVICE	3  NO SCHOOL ACCE
6 Wheat spaghetti w/ marinara Wheat bread w/butter Mixed veggies Mandarin orange	7 Turkey Meatloaf Mash potato Tossed salad w/ranch Fresh cut pineapple	8 Cheese pizza on honey wheat crust Caesar salad w/croutons Fresh cut apple wedge	9 Teri chicken Hapa rice Baby carrots Fresh cut pineapple	10 Fried rice w/chicken & veggies Tossed salad w/Asian style dressing Fresh cut orange
13 Mac N Cheese Wheat bread w/butter Seasoned mixed veg Chilled peaches	14 Grilled cheese on wheat Baked potato wedges Baby carrots Fresh cut apple wedge	15 Chow Mein Noodle w/chicken & veggies Tossed salad w/ranch Fresh cut pineapple	16 Turkey sloppy Joe on wheat bun Baked potato wedge Creamy coleslaw Fresh cut orange	17 Mini Day – 11:45 dismissal Baked Shoyu Chicken Brown rice Seasoned corn Mandarin orange
20  <b>HOLIDAY PRESIDENTS DAY</b>	21 Turkey Italian sausage w/pasta Garlic wheat bread Seasoned corn Chilled pear	22 Chicken Caesar wrap Baby carrots Fresh cut apple	23 Somen noodle w/ham, egg, fish cake & cucumber Shoyu potato Pea salad Fresh cut orange	24 Kalua Pork & cabbage Hapa rice Haupia dessert Fresh cut pineapple
27 Warm ham & swiss sandwich Tossed salad w/ranch Mandarin orange	28 Teri burger on wheat bun Baked potato wedges Baby carrots w/ranch Fresh cut pineapple	29 Mini Day – 11:45 dismissal Vegetarian Chili Brown rice Seasoned corn Chilled peaches		<b>*contains dairy. substitutions will be made for lactose intolerant</b>

Visit [www.cookingfreshforyou.com](http://www.cookingfreshforyou.com) to view Michi's take-home dinner menu – a delicious & healthy option!