

October 2011

(menu subject to change based on availability)

Check out Michi's Take-out Dinners (HOT, READY TO SERVE MEALS) www.cookingfreshforyou.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Intercession No School	4 Intercession No School	5 Intercession No School	6 Intercession No School	7 Intercession No School
10 Intercession No School	11 Intercession No School	12 Intercession No School	13 Intercession No School	14 Intercession No School
17 Wheat spaghetti w/marinara Garlic wheat bread Mix veg w/edamame Chilled peaches	18 Teri burger on wheat bun Baked potato wedge Baby carrots w/ranch Fresh cut apple	19 Mini Day 11:45 dismissal Bean & cheese burrito Spanish rice Seasoned corn Chilled pear	20 Shoyu chicken Brown rice Tossed salad Chilled mandarin oranges	21 Kalua pork Brown rice Fresh cut pineapple Haupia dessert
24 Mac N Cheese Wheat bread w/butter Seasoned mix veg Chilled pear	25 Sloppy Joe on wheat bun Baked potato wedges Creamy coleslaw Fresh cut pineapple	26 Grilled cheese on wheat bread Tomato soup Seasoned corn Fresh cut oranges	27 BBQ pulled pork Mash potato Southern style peas Fresh cut apple	28 Somen noodle w/egg, fish cake, cucumber & ham Shoyu potato Tossed salad Fresh cut pineapple
31 Mini Day 11:45 dismissal Fried rice with ham & veggies Tossed salad Chilled mandarin oranges				