



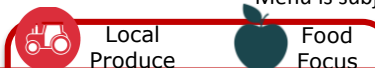
January 2019 Ann Arbor Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Stuffed Bosco Breadsticks Marinara Sauce Seasoned Broccoli Bagel, Cream Cheese & Hard Boiled Egg Baby Carrots, Celery Fresh Spinach Pineapple Tidbits Fresh Apples & Pears	Turkey Corn Dog Baked Seasoned Potato Wedges Hummus, Tortilla, String Cheese & Red Bell Peppers Caesar Salad Garbanzo Beans, Peas Fresh Grapes Orange Wedges & Apples	Whole Grain French Toast Sticks Turkey Sausage Links Hash Brown Patty Yogurt, String Cheese & Pretzel Baby Carrots Broccoli Ranch Salad Chilled Pears, Blueberries Apple Slices & Orange	Nachos Beef Taco Meat Cheddar Cheese Sauce Salsa Steamed Brown Rice Garden Salad w/Cheddar Cheese & Breadsticks Shredded Lettuce Tomatoes, Cucumbers Cinnamon Applesauce Petite Bananas & Pears	Whole Grain Chicken Nuggets Dinner Roll Steamed Carrot Coins Bagel, Sunbutter & Yogurt Colorful Tossed Salad Peppers, Peas Mandarin Oranges Apple Slices & Bananas
Macaroni & Cheese Breadstick Peas & Carrots Bagel, Cream Cheese & Hard Boiled Egg Baby Carrots, Celery Sliced Cucumbers Chilled Peaches Fresh Apples & Pears	Breaded Chicken Drumstick Dinner Roll Corn on the Cob Hummus, Tortilla, String Cheese & Red Bell Peppers Broccoli Florets Grape Tomatoes Pineapple Bits, Grapes Orange Wedges & Apples	Classic American Cheeseburger Baked Crinkle Fries Yogurt, String Cheese & Pretzel Baby Carrots, Spinach Buttermilk Coleslaw Tropical Fruit Salad Apple Slices & Oranges	Chicken & Waffle Crispy Chicken Tenders Waffle Warm Baked Apple Slices Mixed Greens Salad w/Cheese & Breadsticks Sweet Corn Salad Green Peppers, Celery Chilled Applesauce Petite Bananas & Pears	Homemade Pepperoni or Cheese Pizza Savory Green Beans Sunbutter & Banana Roll-Up Side Salad Carbanzo Beans, Peas Strawberries Apple Slices & Bananas
NO SCHOOL Martin Luther King Jr. Day	Beef Whole Grain Soft Taco Shredded Cheddar Refried Beans Steamed Brown Rice Hummus, Tortilla, String Cheese & Red Bell Peppers Shredded Lettuce Green Peas Chilled Pears, Blueberries Orange Wedges & Apples	Whole Grain Pancakes Scrambled Eggs Home Fried Potatoes Yogurt, String Cheese & Pretzel Colorful Tossed Salad Cucumbers, Grapes Strawberries Apple Slices & Oranges	Beef Hot Dog on a Whole Grain Bun Vegetarian Beans Garden Salad w/Cheddar Cheese & Breadsticks Grape Tomatoes Broccoli Green Peppers Pineapple Tidbits Petite Bananas & Pears	Sweet & Sour Chicken Steamed Brown Rice Seasoned Broccoli Sunbutter & Grape Jelly Sandwich Baby Carrots, Celery Black Bean Salad Mandarin Oranges Apple Slices & Bananas
Cheese Stuffed Bosco Breadstick Tomato Soup Goldfish Crackers Seasoned Peas Bagel, Cream Cheese & Hard Boiled Egg Spinach, Cucumbers Red Bell Peppers Tropical Fruit Salad Fresh Apples & Pears	Crispy Chicken Patty Sandwich Savory Green Beans Hummus, Tortilla, String Cheese & Red Bell Peppers Baby Carrots, Broccoli Strawberries Chilled Peaches Orange Wedges & Apples	Popcorn Chicken Dinner Roll Mashed Potatoes & Gravy Yogurt, String Cheese & Pretzel Lettuce & Spinach Salad Garbanzo Beans, Celery Pineapple Tidbits Apple Slices & Oranges	Nachos Beef Taco Meat Cheddar Cheese Sauce Salsa Steamed Brown Rice Mixed Greens Salad w/Cheese & Breadsticks Confetti Coleslaw Green Peppers, Carrots Chilled Applesauce Petite Bananas & Pears	Homemade Pepperoni Or Cheese Pizza Steamed Carrot Coins Sunbutter, Pretzel Roll & String Cheese Carrot & Raisin Salad Cucumbers Chilled Pears, Grapes Apple Slices & Bananas

A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk.

This Institution is an equal opportunity provider.

* Menu is subject to change



Food Focus of the Month: Citrus

Citrus Fruits are an excellent source of immune-boosting Vitamin C. Just one orange contains 100% of a person's recommended daily intake of Vitamin C.



LUNCH PRICE:
 \$ 2.50 PAID
 \$.40 REDUCED
 FREE* (*if qualified)
 Milk only- \$.50



January 2019

Ann Arbor Elementary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Goldfish Graham Assorted Fruit Milk	Breakfast Pizza or Cheese Omelet Goldfish Graham Assorted Fruit Juice Assorted Fruit Milk	Bagel & Cream Cheese or Breakfast Parfait *Low-fat Vanilla Yogurt *Berries *Cheerios/Goldfish Graham Assorted Fruit Milk	Waffle or Cheese Omelet Goldfish Graham Assorted Fruit Juice Assorted Fruit Milk	Turkey Sausage, Egg & Cheese Breakfast Sliders Goldfish Graham Assorted Fruit Milk
Daily Alternates				
Assorted Low Sugar Cereal w/Goldfish Graham	Assorted Low Sugar Cereal w/Goldfish Graham	Assorted Low Sugar Cereal w/Goldfish Graham	Assorted Low Sugar Cereal w/Goldfish Graham	Assorted Low Sugar Cereal w/Goldfish Graham

MITCHELL ELEMENTARY UNIVERSAL BREAKFAST MENU

Monday: Bagel, Cream Cheese, String Cheese & Fresh Apple
 Tuesday: Granola Bar, Blueberry Muffin, Yogurt, Juice & Fresh Petite Banana
 Wednesday: Cinnamon or Strawberry Cream Cheese Stuffed Bagel & Fresh Apple
 Thursday: K-1st: Granola Bar, Goldfish Graham, String Cheese, Juice & Fresh Orange
 2nd-5th: Cheerios, Goldfish Graham, Juice & Fresh Orange
 Friday: Banana Muffin, Yogurt & Fresh Apple
Milk offered daily.

Reduced Sugar Cereals Available:
 Cheerios
 Rice Chex

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, fruit and choice of milk.
BREAKFAST PRICE: \$1.25 PAID, \$.30 REDUCED, FREE* (*if qualified) Juice only- \$.50

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Find menus, nutrition, allergen information and more online or on your phone!
 Download School Menus by Nutrislice to your smartphone from the App Store or visit a2schools.nutrislice.com for nutritional information!