



Food Focus: Yogurt which has adequate nutrition plays a major role in the prevention and treatment of osteoporosis, and the micronutrients of greatest importance are calcium and vitamin D. The combination of calcium and vitamin D has a clear skeleton benefit. So go grab some yogurt for breakfast and lunch.

Ann Arbor Schools High School Lunch Menu: April 1 - April 5, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Ziti	Corn Dogs	Mac & Cheese	Chicken Parm	Mashed Potato and Chicken Bowl
	<i>Cheesy Baked Pasta</i>	<i>Turkey Corn Dog</i>	<i>Seasoned Broccoli</i>	<i>Spaghetti Pasta</i>	<i>Dinner Roll</i>
	<i>Savory Green Beans</i>	<i>Baked Fries</i>	<i>Dinner Roll</i>	<i>Marinara Sauce</i> <i>Mozz Cheese</i> <i>Dinner Roll</i>	
Cheese and Pepperoni Pizza Served Daily					
	Sausage Flatbread	Pepperoni and Cheese Calzone	Bosco w/Pizza Sauce	Primavera Pizza Pocket	Bosco w/Pizza Sauce
Classic Cheeseburgers and Hamburgers Served Daily					
grilled	Hot Smokey Ham & Cheese Sandwich	Toasted Tomato & Cheese Sandwich	Spicy BBQ Chicken Wrap	Spicy Chicken Tenders w/Dinner Roll	Burger w/Bacon
	Tuscan Chicken Ciabatta	Buffalo Ranch Chicken Sandwich	Turkey Club Sandwich	Black Bean Burger	Crispy Chicken Sandwich
	Tater Tots	Baked Fries	Baked Fries	Tater Tots	Baked Fries
Build Your Salad or Sub Sandwich Daily with Fresh Baked Bread Includes; sliced turkey and ham. American, provolone, cheddar and Swiss cheeses. Boiled eggs, tomatoes, cucumbers, onions, peppers, mustard and mayo. Try the daily specials, the Chef is ready for you.					
	Buffalo Chicken Salad	Chicken Apple Salad Ciabatta Sandwich	Turkey Club Sandwich	Ham & Turkey Chef Salad	Marinated Grilled Chicken Club Sandwich
	Dinner Roll			Dinner Roll	



Blueberry Granola
Yogurt Parfait

Peach Parfait with
Granola

Berry Parfait

Blueberry Granola
Yogurt Parfait

Orange Crush
Parfait w/Granola



Made to Order Nachos or Tacos Soft and Hard Shells.
Beef Taco Meat, Fajita Style Chicken, Cheese Sauce, Shredded Cheddar,
Shredded Lettuce, Diced Tomatoes and Onions, Fresh Jalapenos and Banana Peppers, Sour
Cream, Salsa,
Rice, Black Beans, Refried Beans.
Daily Specials

Mexican Torta Sub

*Chicken & Cheese
Quesadilla*

Fish Tacos

*Beefy Bean and
Cheese Burrito*

*Chipotle Pulled
Pork Taco*



Mixed Green Salad

*Tomato and
Cucumber Salad*

*Spinach and Veg
Salad*

Mixed Green Salad

*Corn Salad with
Ranch*

Fresh Baby Carrot

Broccoli Florets

*Fresh Cherry
Tomatoes*

Kidney Beans

Fresh Celery Sticks

Assorted Chilled Fruit

Assorted Chilled Fruit

Assorted Chilled Fruit

Assorted Chilled Fruit

Assorted Chilled Fruit

 *Fresh
Whole Fruit*

 *Fresh
Whole Fruit*

 *Fresh
Whole Fruit*

 *Fresh
Whole Fruit*

 *Fresh
Whole Fruit*

. This Institution is an equal opportunity provider.



= "Farm to School" Local Produce

"Simply Good" Food Focuses: All items in color are our "Simply Good" Food Focuses for **April**

h. This month our nutrition education focuses are on the health benefits of **Yogurt**.

A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, two (2) fruit side dishes, and a choice of milk. Milk choices include skim white and skim chocolate.





Made To Order Sandwiches & Salads Available Daily
Turkey, Ham, Chicken, or Hummus
Colby Jack, American, Provolone, or Shredded Mozzarella