



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 15 - April 19, 2019

Monday Tuesday Wednesday Thursday Friday

create	Baked Potato Bar	Boneless Spicy Wings	Marinara and Meatballs	Tomato Soup	BBQ Chicken
	<i>Roasted Broccoli</i>	<i>Baked Fries</i>	<i>Penne Pasta</i>	<i>Grilled Three Cheese Sandwich</i>	<i>Mashed Potatoes</i>
	<i>Shredded and Creamy Cheddar Cheese</i>	<i>Dinner Roll</i>	<i>Green Beans</i>	<i>Savory Green Beans</i>	<i>Mixed Vegetable Medley</i>
	<i>Dinner Roll</i>		<i>Dinner Roll</i>		<i>Dinner Roll</i>

Classic Cheese and Pepperoni Served Daily

2nd mate	Bosco w/Pizza Sauce	Grilled Chicken And Cheese Calzone	Italian Stromboli	Bosco w/Pizza Sauce	Southwestern Chicken Flatbread

Classic Cheeseburgers and Hamburgers Served Daily

grilled	Toasted Ham and Swiss	Mozzarella and Pepperoni Panini	Crispy Chicken Sandwich	Toasted Ham and Cheese	Black Bean Burger Sandwich
	Spicy Chicken Sandwich	BBQ Rib Sandwich	Grilled Chicken and Bacon	Chicken Tender Basket w/Dinner Roll	Ham & Cheese Cubano
	<i>Tater Tots</i>	<i>Baked Fries</i>	<i>Baked Fries</i>	<i>Baked Fries</i>	<i>Tater Tots</i>

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.

market fresh	Autumn Salad	Rst Vegetable Wrap	Santa Fe Turkey Wrap	Italian Hoagie	Turkey Ham Chef Salad w/Roll
ON THE GO	Berry Parfait with Granola	Strawberry Parfait with Granola	Blueberry Parfait with Granola	Berry Parfait with Granola	Blueberry Parfait with 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



**Veggie Taco Salad****Fish Tacos****Beefy Enchiladas****Chicken Taco Supreme****Pork Carnitas and Cheese Taco**

Corn & Black Bean Salsa

Power Peas

Assorted Chill Fruit



Fresh Whole Fruit

*Potato Salad**Cherry Tomatoes**Assorted Chill Fruit**Fresh Whole Fruit**Hearty Spinach & Vegetable Salad**Garbanzo Beans**Assorted Chill Fruit**Fresh Whole Fruit*

Lettuce and Tomato Salad

Celery Stick

Assorted Chill Fruit



Fresh Whole Fruit

*Broccoli and Ranch Salad**Fresh Baby Carrots**Assorted Chill 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**. 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 Sar

Turkey, H

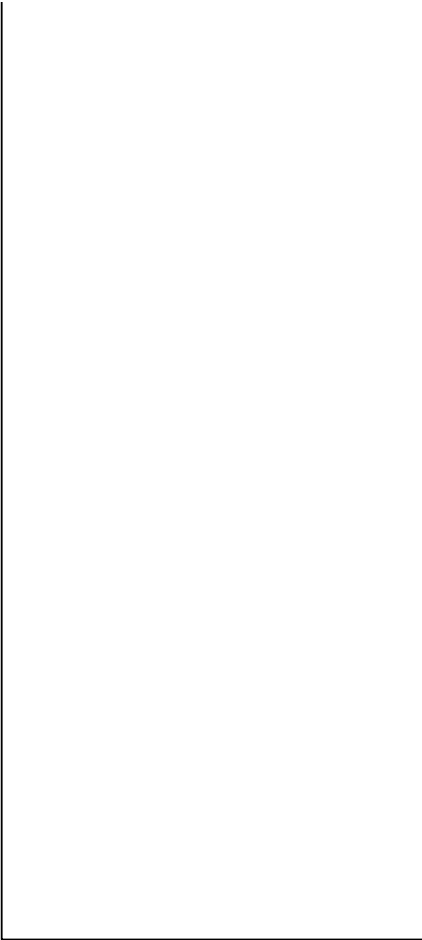
Colby Jack, American

Romaine Lettuce, Spinach, Tomato

Sliced

Mayo, Buffalo Ranch

Homemade Si



Sandwiches & Salads Available Daily

Ham, Chicken, or Hummus
Cheddar, Provolone, or Shredded Mozzarella
Toppings: Sliced Red Onion, Cucumbers, Shredded Carrots,
Jalapeño, Bell Peppers, Pickles
Sauces: Mayo, Ranch, Mustard, Caesar, Italian
Breads: Sub Buns, Wraps, or Deli Bread

