



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 22 - April 26, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Fried Chicken Drumstick	Chicken Tenders	Brunch Time	Chicken Fried Rice	KFC Bowl
	<i>Potatoes Au Gratin</i>	<i>Southwest Dipping Sauce</i>	<i>Scrambled Eggs</i>	<i>Roasted Broccoli</i>	<i>Mashed Potato</i>
	<i>Savory Green Beans</i>	<i>Sweet Sauce</i>	<i>Turkey Sausage</i>	<i>Breadstick</i>	<i>Popcorn Chicken</i>
	<i>Dinner Roll</i>	<i>Baked Fries</i> <i>Bread Stick</i>	<i>Baked Biscuit</i>		<i>Corn on Cob</i> <i>Dinner Roll</i>
Classic Cheese and Pepperoni Served Daily					
2. create	Roasted Corn Flatbread	French Bread Pizza	Broccoli & Cheese Stromboli	Supreme Pizza	BBQ Chicken Pizza
Cheeseburgers and Hamburgers are Served Daily					
grilled	Italian Supreme Turkey Panini	Chickendipity Cajun Wrap	Cilantro-Lime Chicken Panini	Chicken Bacon Cheddar Melt	Tuscan Chicken Ciabatta
	BBQ Coleslaw Chicken Panini	Mozzarella & Roasted Vegetable Panini	Turkey and Swiss Panini	Ham & Swiss on Ciabatta	Fish Po'Boy
	<i>Tater Tots</i>	<i>Waffles Fries</i>	<i>Potato Wedges</i>	<i>Crinkle Fries</i>	<i>Tater Tots</i>
<p>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.</p>					



Turkey and Cheese Pinwheels	Mediterranean Hummus Wrap	Caprese Turkey Ciabatta Sandwich	Bean & Vegetarian Taco Salad w/Dinner Roll	Egg Salad Ciabatta Sandwich
Berry Granola Yogurt Parfait	Strawberry Granola Yogurt Parfait	Blueberry Granola Yogurt Parfait	Strawberry Parfait with Granola	Berry 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

Chicken & Cheese Quesadilla	Seasoned Black beans	Mexican Style Refried Beans	Bean Burrito	Seasoned Black beans
Lettuce & Tomato Salad	Broccoli Ranch Salad with Carrots	Green Bean Salad	Caesar Salad	Corn Salad with Ranch
Garbanzo Beans	Red Bell Pepper Strips	Fresh Celery Sticks	Green Peas	Fresh Cherry Tomatoes
Assorted Chill Fruit	Assorted Chill Fruit	Assorted Chill Fruit	Assorted Chill Fruit	Assorted Chill Fruit
Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit



This institution is 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.













