



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 8 - April 12, 2019






	Monday	Tuesday	Wednesday	Thursday	Friday
create	Pasta Bar <i>Marinara Sauce</i> <i>Alfredo Sauce</i> <i>Seasoned Peas</i> <i>Biscuit</i>	Breakfast for Lunch <i>French Toast</i> <i>Turkey Sausage</i> <i>Mini WG Biscuit</i>	General Tso's <i>Fried Rice</i> <i>Asian Vegetable Blend</i> <i>Sesame Bread Stick</i>	Chicago Style Beef Hot Dog <i>Tater Tots</i>	Tuscan Noodle Bowl
	Classic Cheese and Pepperoni Pizza Serve Daily				
	Three Cheese and Spinach Stromboli	Brooklyn Style Pepperoni Flatbread	Supreme Pizza	Bosco w/Pizza Sauce	Sicilian Calzone
	Classic Hamburger and Cheeseburgers Served Daily				
grilled	Spicy Chicken Sandwich Turkey Melt <i>Crinkle Fries</i>	Mini Corn Dog w/Dinner Roll Swedish Meatball Sub <i>Tater Tots</i>	Crispy Chicken Sandwich Black Bean Burger <i>Waffle Fries</i>	Ham and Cheese Panini Italian Chicken Parm Sandwich <i>Potato Wedges</i>	Crispy Fish Sandwich Nuggets w/Dinner Roll <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.				
	Tuna Salad w/Dinner Roll	Buffalo Popcorn Chicken Salad w/Dinner Roll	Mediterranean Hummus Panini	Chicken Caesar Salad Wrap	Roasted Vegetable Wrap
	ONE-GO				
ONE-GO	Strawberry Parfait w/Granola	Berry Granola w/Granola	Strawberry Parfait with Granola	Berry Granola w/Granola	Strawberry 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

<i>Vegetarian Taco Supreme</i>	<i>Buffalo Ranch Quesadilla</i>	<i>Cuban Sub</i>	<i>Chicken Taco</i>	<i>Fish Taco</i>
--------------------------------	---------------------------------	------------------	---------------------	------------------



<i>Tossed Salad</i>	<i>Sesame Broccoli Salad</i>	<i>Corn & Pepper Salad</i>	<i>Chilled Kidney Bean Salad</i>	<i>Tossed Salad</i>
<i>Fresh Carrots</i>	<i>Red Bell Peppers Strip</i>	<i>Garbanzo Beans</i>	<i>Fresh Green Peppers</i>	<i>Sliced Cucumbers</i>
<i>Assorted Chilled Fruit</i>	<i>Assorted Chilled Fruit</i>	<i>Assorted Chilled Fruit</i>	<i>Assorted Chilled Fruit</i>	<i>Assorted Chilled Fruit</i>
 <i>Fresh Whole Fruit</i>	 <i>Fresh Whole Fruit</i>	 <i>Fresh Whole Fruit</i>	 <i>Fresh Whole Fruit</i>	 <i>Fresh Whole Fruit</i>

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 S
Turkey,

sandwiches & Salads Available Daily
Ham, Chicken, or Hummus