



Food Focus: If you have not tried kale yet, now may be the time. Packed with nutrients, it is one of the world's healthiest foods. The nutrients it contains support healthy skin, hair, and bones, also enhances digestion and contributes to cardiovascular health. The nutrients in kale can help prevent a range of health problems. A very good source of Vitamin C

**Ann Arbor Schools High School Lunch Menu: May 13 - May 17, 2019**

Monday                      Tuesday                      Wednesday                      Thursday                      Friday

<b>create</b>	<b>Baked Potato Bar</b>	<b>Boneless Spicy Wings</b>	<b>Marinara and Meatballs</b>	<b>Tomato Soup</b>	<b>BBQ Chicken</b>
	<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**

	<b>Bosco w/Pizza Sauce</b>	<b>Grilled Chicken And Cheese Calzone</b>	<b>Italian Stromboli</b>	<b>Bosco w/Pizza Sauce</b>	<b>Southwestern Chicken Flatbread</b>

**Classic Cheeseburgers and Hamburgers Served Daily**

<b>grilled</b>	<b>Toasted Ham and Swiss</b>	<b>Mozzarella and Pepperoni Panini</b>	<b>Crispy Chicken Sandwich</b>	<b>Toasted Ham and Cheese</b>	<b>Black Bean Burger Sandwich</b>
	<b>Spicy Chicken Sandwich</b>	<b>BBQ Rib Sandwich</b>	<b>Grilled Chicken and Bacon</b>	<b>Chicken Tender Basket w/Dinner Roll</b>	<b>Ham &amp; Cheese Cubano</b>
	<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.

	<b>Autumn Salad</b>	<b>Rst Vegetable Wrap</b>	<b>Santa Fe Turkey Wrap</b>	<b>Italian Hoagie</b>	<b>Turkey Ham Chef Salad w/Roll</b>
	<b>Berry Parfait with Granola</b>	<b>Strawberry Parfait with Granola</b>	<b>Blueberry Parfait with Granola</b>	<b>Berry Parfait with Granola</b>	<b>Blueberry Parfait with Granola</b>

**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 &amp; 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 **May**. This month our nutrition education focuses are on the health benefits of **Kale**

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

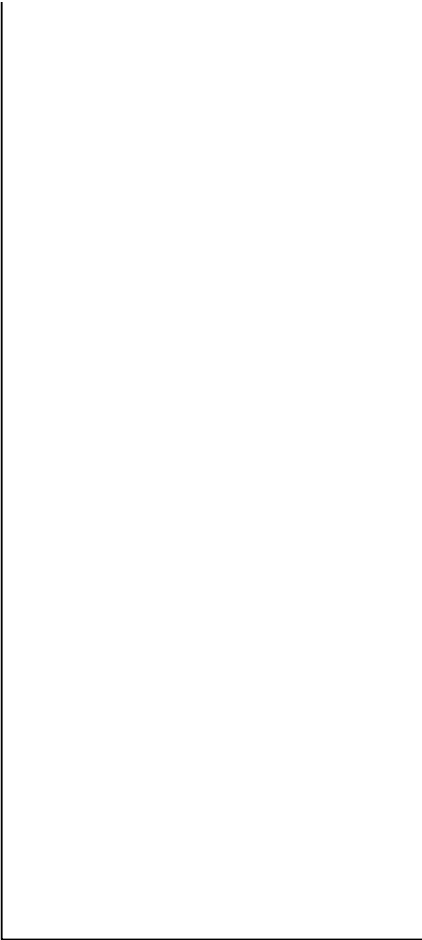
Colby Jack, American

Romaine Lettuce, Spinach, Tomato

Sliced

Mayo, Buffalo Ranch

Homemade Si



**Sandwiches & Salads Available Daily**

Ham, Chicken, or Hummus

Cheddar, Provolone, or Shredded Mozzarella

Tomato, Sliced Red Onion, Cucumbers, Shredded Carrots,

and 1 Bell Peppers, Pickles

and Dressing: Mayo, Ranch, Mustard, Caesar, Italian

on Submarine Buns, Wraps, or Deli Bread

