



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 and

**Ann Arbor Schools High School Lunch Menu: May 20 - May 24, 2019**

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



<b>Turkey and Cheese Pinwheels</b>	<b>Mediterranean Hummus Wrap</b>	<b>Caprese Turkey Ciabatta Sandwich</b>	<b>Bean &amp; Vegetarian Taco Salad w/Dinner Roll</b>	<b>Chicken Salad Ciabatta Sandwich</b>
<b>Berry Granola Yogurt Parfait</b>	<b>Strawberry Granola Yogurt Parfait</b>	<b>Blueberry Granola Yogurt Parfait</b>	<b>Strawberry Parfait with Granola</b>	<b>Berry 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**

<b>Chicken &amp; Cheese Quesadilla</b>	<b>Seasoned Black beans</b>	<b>Mexican Style Refried Beans</b>	<b>Bean Burrito</b>	<b>Seasoned Black beans</b>
Lettuce & Tomato Salad	<i>Broccoli Ranch Salad with Carrots</i>	<i>Green Bean Salad</i>	<i>Caesar Salad</i>	<i>Corn Salad with Ranch</i>
Garbanzo Beans	<i>Red Bell Pepper Strips</i>	<i>Fresh Celery Sticks</i>	<i>Green Peas</i>	<i>Fresh Cherry Tomatoes</i>
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 **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.





















