



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 iron.

Ann Arbor Schools High School Lunch Menu: May 6 - May 10, 2019






	Monday	Tuesday	Wednesday	Thursday	Friday
create	Pasta Bar	Breakfast for Lunch	General Tso's	Chicago Style Beef Hot Dog	Chef Connie Tossed Wings
	<i>Marinara Sauce</i> <i>Alfredo Sauce</i>	<i>French Toast</i>	<i>Fried Rice</i>	<i>Tater Tots</i>	<i>BBQ Sauce or Hot and Spicy</i>
	<i>Seasoned Peas</i> <i>Biscuit</i>	<i>Turkey Sausage</i> <i>Mini WG Biscuit</i>	<i>Asian Vegetable Blend</i> <i>Sesame Bread Stick</i>		<i>Green Beans</i> <i>Fries</i> <i>Dinner Roll</i>
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	Mini Corn Dog w/Dinner Roll	Crispy Chicken Sandwich	Ham and Cheese Panini	Crispy Fish Sandwich
	Turkey Melt	Swedish Meatball Sub	Black Bean Burger	Italian Chicken Parm Sandwich	Nuggets w/Dinner Roll
	Crinkle Fries	Tater Tots	Waffle Fries	Potato Wedges	Tater Tots
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
	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 **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 S
Turkey,

sandwiches & Salads Available Daily
Ham, Chicken, or Hummus