








Food Focus Yogurt which has adequate nutrition plays a major role in the prevention and treatment of osteoporosis. Micronutrients of the greatest importance are calcium and Vitamin D. This combination of calcium and vitamin D has a clear skeletal benefit. Grab some yogurt during breakfast or lunch.

Ann Arbor Schools Middle School Lunch Menu: April 1 - April 5, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Corn Dogs <i>Baked Crinkle Fries</i>	Nacho's	Mac & Cheese <i>Seasoned Broccoli</i>	Nacho's	Chicken Parm <i>Spaghetti</i>
	<i>Seasoned Mixed Vegetables</i>		<i>Dinner Roll</i>		<i>Dinner Roll</i> <i>Mozz Cheese</i>
Cheese and Pepperoni Pizza made Daily					
2nd mate	Sausage Flatbread	Bosco w/ Pizza Sauce	Bosco w/Pizza Sauce	Primavera Pizza Pocket	Bosco w/Pizza Sauce
	Classic Hamburgers and Cheeseburgers made Daily				
grilled	Hot Smokey Ham & Cheese Sandwich	Toasted Tomato & Cheese Sandwich	Spicy BBQ Chicken Wrap	Spicy Chicken Tender Basket w/Dinner Roll	Crispy Chicken Sandwich
	Crinkle Fries	Steak Fries	Waffles Fries	Baked Crinkle Fries	Steak Fries
SO DELI	<u>Made To Order Sandwiches & Salads Available Daily</u> <u>Turkey, Ham, Chicken, Boiled Egg,</u> <u>American Yellow or White Cheese, Shredded Cheddar and Mozzarella</u> <u>Greens, Tomatoes, Sliced Onion, Cucumbers, Shredded Carrots, Peppers, Pickles</u> <u>Mayo and Mustard, Ranch, Caesar and Italian Dressings</u> <u>Homemade Sub Buns, Wraps, Sliced Bread</u> <u>Daily Specials</u>				
	Buffalo Chicken Salad w/ Dinner Roll	Chicken Apple Salad Ciabatta Sandwich	Turkey Club Sandwich	Ham & Turkey Chef Salad w/Dinner Roll	Marinated Grilled Chicken Club Sandwich
	ON THE GO				
	Blueberry Parfait w/Granola	Peach Parfait with Granola	Berry Parfait w/Granola	Strawberry Parfait with Granola	Berry Parfait w/Granola



<i>Mixed Green Salad</i>	<i>Tomato and Cucumber Salad</i>	<i>Spinach and Romaine Salad</i>	<i>Mixed Green Salad</i>	<i>Corn Salad with Ranch</i>
<i>Fresh Baby Carrot</i>	<i>Broccoli Florets</i>	<i>Fresh Cherry Tomatoes</i>	<i>Kidney Beans</i>	<i>Fresh Celery Sticks</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

**Nachos & Tacos Soft
and Hard Shells
Available Daily
Beef Taco Meat,
Fajita Style Chicken,
Cheese Sauce,**