










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 Middle School Lunch Menu: May 13- May 17, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	Loaded Potato  <i>Roasted Broccoli</i>  <i>Shredded and Creamy Cheddar Cheese</i>	Nachos	Chicago Style Beef Hot Dog  <i>Tater Tots</i>	Nachos	BBQ Chicken  <i>Mashed Potatoes</i>  <i>Mixed Vegetable Medley</i>  <i>Dinner Roll</i>
	<b>Cheese and Pepperoni Pizza Made Daily</b>				
	Bosco w/Pizza Sauce	BBQ Chicken Pizza	Bosco w/Pizza Sauce	Veggie Pizza	Bosco w/Pizza Sauce
	<b>Cheeseburgers and Hamburgers made Daily</b>				
<b>grilled</b>	Mozzarella and Pepperoni Panini  <i>Tater Tots</i>	Little Italy Grain Wrap  <i>Baked Fries</i>	Roasted Italian Vegetable Wrap  <i>Baked Fries</i>	Toasted Ham and Cheese Sandwich  <i>Baked Fries</i>	Ham and Cheese Cubano  <i>Tater Tots</i>
	<b>Made To Order Sandwiches &amp; Salads Available Daily</b> Turkey, Ham, Chicken, Boiled Egg, American Yellow or White Cheese, Shredded Cheddar and Mozzarella Greens, Tomatoes, Sliced Onion, Cucumbers, Shredded Carrots, Peppers, Pickles Mayo and Mustard, Ranch, Caesar and Italian Dressings Homemade Sub Buns, Wraps, Sliced Bread <b>Daily Specials</b>				
<b>SO DELI</b>	<b>Turkey and Cheese Sub</b>	<b>Chicken Salsa Wrap</b>	<b>Santa Fe Turkey Wrap</b>	<b>Italian Hoogie</b>	<b>Turkey &amp; Ham Chef Salad w/Dinner Roll</b>

	Pineapple Parfait with Granola	Strawberry Parfait w/Granola	Pineapple Parfait with Granola	Berry Parfait with Granola	Strawberry Parfait w/Granola
	Creamy Carrot & Raisin Salad Power Peas Assorted Chill Fruit  Fresh Whole Fruit	Corn & Pepper Salad Cherry Tomatoes Assorted Chill Fruit  Fresh Whole Fruit	Citrus Chickpea Salad Fresh Broccoli Florets Assorted Chill Fruit  Fresh Whole Fruit	Spinach and Strawberry Salad Celery Stick Assorted Chill Fruit  Fresh Whole Fruit	Confetti Coleslaw Sliced Cucumbers 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.







