











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 20 - May 24, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Fried Chicken <i>Potato Au Gratin</i> Savory Green Beans <i>Dinner Roll</i>	Nachos	<i>Chickendipity w/Dip</i> <i>Chicken Tenders</i> <i>Southwestern Spicy Ranch</i> <i>Sweet and Sour Sauce</i> <i>Bread Stick</i>	Nachos	KFC Bowl <i>Mashed Potato</i> <i>Pop Corn Chicken</i> <i>Corn on the Cob,</i> <i>Shredded Cheese</i> <i>Gravy</i> <i>Dinner Roll</i>
	Classic Cheese and Pepperoni Pizza served Daily				
2nd mate	Italian Stromboli	Bosco's with Dipping Sauce	Philly Cheese Steak Pizza	Veggie Pizza	Broccoli Cheese Calzone
	Hamburger and Cheeseburger Served Daily				
grilled	Italian Supreme Turkey Panini Baked Fries	Mozzarella & Roasted Vegetable Panini Tater Tots	Melted Swiss and Turkey on Ciabatta Baked Fries	Chicken Bacon Cheddar Melt Tater Tots	Crispy Fish Po'Boy Baked Fries
	Made To Order Sandwiches & Salads Available Daily <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>				
SO DELI	Turkey and Cheese Pinwheels	Mediterranean Hummus Wrap	Caprese Turkey Ciabatta Sandwich	Bean & Vegetarian Taco Salad w/Dinner Roll	Egg Salad Ciabatta Sandwich

	Berry Parfait w/Granola	Strawberry Parfait	Strawberry Parfait w/Granola	Berry Parfait w/Granola	Strawberry Parfait w/Granola
	<i>Lettuce and Tomato Salad</i> <i>Garbanzo Beans</i> <i>Assorted Chilled Fruit</i>  <i>Fresh Whole Fruit</i>	<i>Broccoli Ranch Salad with Carrots</i> <i>Red Bell Peppers Strips</i> <i>Assorted Chilled Fruit</i>  <i>Fresh Whole Fruit</i>	<i>Green Bean Salad</i> <i>Spinach and Strawberry Salad</i> <i>Assorted Chilled Fruit</i>  <i>Fresh Whole Fruit</i>	<i>Lettuce and Tomato Salad</i> <i>Green Peas</i> <i>Assorted Chilled Fruit</i>  <i>Fresh Whole Fruit</i>	<i>Corn Salad with Ranch Caesar Salad</i> <i>Assorted Chilled 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.

Mac

Ready to Order Nachos & Tacos Soft and Hard Shells
Available Daily