










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 6 - May 10, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Pasta Bar <i>Marinara Sauce</i> <i>Alfredo Sauce</i> <i>Seasoned Peas</i> <i>Dinner Roll</i>	Nachos	WG French Toast Sticks <i>Sausage</i> <i>Scrambles eggs</i>	Nachos	General Tso's Chicken <i>Brown Rice</i> <i>Asian Vegetables</i> <i>Sesame Breadstick</i>
	Cheese and Pepperoni Pizza made Daily				
	Three Cheese and Spinach Stromboli	Brooklyn Style Pepperoni Flatbread	Supreme Pizza	Bosco w/Pizza Sauce	Sicilian Calzone
	Hamburger and Cheeseburgers made Daily				
grilled	Swedish Meatball Sub <i>Tater Tots</i>	Mini Corn Dog w/Dinner Roll <i>Baked Fries</i>	Crispy Chicken Sandwich <i>Baked Fries</i>	Ham and Cheese Panini <i>Baked Fries</i>	Crispy Fish Sandwich Reuben Sandwich Happy St. Patrick's <i>Tater Tots</i>
	<p><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></p>				
SO DELI	Tuna Salad w/Dinner Roll	Buffalo Popcorn Chicken Salad w/Dinner Roll	Mediterranean Hummus Panini	Chicken Caesar Salad Wrap	Roasted Vegetable Wrap
	ON THE GO				
ON THE GO	Strawberry Parfait w/Granola	Berry Granola w/Granola	Strawberry Parfait with Granola	Berry Granola w/Granola	Strawberry Parfait with Granola

	<i>Mixed Green Salad</i>	<i>Sesame Broccoli Salad</i>	<i>Corn & Pepper Salad</i>	<i>Chilled Kidney Bean Salad</i>	<i>Mixed Green 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 **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
Daily

Shells Available