



Ann Arbor STEAM Lunch Menu: October 14th – October 19th 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| create | | | | |
| Ravioli in Zesty Marinara Whole Grain Breadstick Seasoned Carrot Coins | Beef Meatballs in Gravy Mashed Potatoes Whole Grain Dinner Roll Steamed Green Peas | Domino's Cheese Pizza Roasted Broccoli | Turkey Corn Dog Steamed Brown Rice Seasoned Green Beans | Sweet & Sour Chicken Steamed Brown Rice Steamed Peas & Carrots Veggie Egg Roll |
| <i>Alternate Entrée</i> | | | | |
| Hummus, Tortilla, String Cheese & Red Bell Peppers | Sunbutter & Banana Roll-Up w/ Baby Carrots | Sunbutter, Pretzel Roll & String Cheese | Vegetable & Cream Cheese Pinwheels w/ Hardboiled Egg | Sunbutter & Grape Jelly Sandwich |
| <small>ITEMS BELOW ARE AVAILABLE FOR 7TH – 8TH GRADERS</small> | | | | |
| Italian Chicken Parmesan Sandwich Tater Tots | Riblett Sandwich Baked Steak Fries | Classic American Cheeseburger Seasoned Waffle Fries | Ranch Chicken Sandwich Baked Potato Wedges | Toasted Tomato & Cheese Sandwich Seasoned Crinkle Fries |
| extra extra | | | | |
| Spinach | Baby Carrots | Cucumber Slices | Tossed Salad | Broccoli Salad |
| Garbanzo Beans | Cesar Salad | Celery Sticks | Green Peas | Baby Carrots |
| Cucumber Slices | Slices Red Bell Peppers | Grape Tomatoes | Sliced Green Bell Peppers | Celery Sticks |
| Cinnamon Apple Sauce | Chilled Tropical Fruit | Frozen Strawberries | Chilled Diced Peaches | Chilled Fruit Cocktail |
| Orange Wedges & Fresh Pears | Fresh Apples & Fresh Pears | Petite Bananas & Orange Wedges | Sliced Apples & Fresh Pear | Petite Bananas & Fresh Apples |

LUNCH: A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes, fruit dishes and choice of milk. Milk choices include Fat Free White, 1% White and 1% Chocolate.

chartwells  We support Local Farmers!

Yogurt, Fruit and Granola Parfaits available daily!

* Available for 7th – 8th Graders

This Institution is an equal opportunity provider.