



Ann Arbor STEAM Lunch Menu: Sept 23<sup>rd</sup> – Sept 27<sup>th</sup>, 2019

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| <b>create</b>  |   |  |  |   |
| <b>Cheese Stuffed Bosco Breadsticks</b><br>Marinara Sauce<br>Steamed Broccoli        | <b>Chicken &amp; Waffle</b><br>Crispy Chicken Tenders<br>Whole Grain Waffle<br>Baked Apple Slices | <b>Domino's Cheese Pizza</b><br>Seasoned Carrots             | <b>Beef Hot Dog on a Whole Grain Bun</b><br>Vegetarian Baked Beans | <b>Breaded Chicken Drumstick</b><br>Steamed Brown Rice<br>Glazed Carrots<br>Dinner Roll |
| <i>Alternate Entrée</i>  |   |  |  |   |
| <b>Sunbutter &amp; Grape Jelly Sandwich w/ String Cheese</b>                         | <b>Cheesy Whole Grain Wrap with Honey Mustard</b>   | <b>Bagel, Cream Cheese &amp; Hard Boiled Egg</b>             | <b>Hummus &amp; Feta Wrap w/ Carrot &amp; Broccoli Medley</b>      | <b>Southwest Corn and Black Bean Wrap</b>   |
| <small>ITEMS BELOW ARE AVAILABLE FOR 7<sup>TH</sup> – 8<sup>TH</sup> GRADERS</small> |   |  |  |   |
| <b>Mozzarella &amp; Roasted Vegetable Panini</b><br>Tater Tots                       | <b>Tuna Melt</b><br>Seasoned Potato Wedges  | <b>Spicy Chicken Patty Sandwich</b><br>Seasoned Waffle Fries | <b>Tuscan Chicken Ciabatta</b><br>Baked Crinkle Fries              | <b>Philly Cheese Steak</b><br>Tater Tots  |
| <b>extra extra</b>   |   |  |  |   |
| Spinach  | Green Bean Salad  | Mixed Greens Salad   | Grape Tomatoes   | Baby Carrots  |
| Garbanzo Beans   | Baby Carrots  | Sliced Cucumbers   | Bell Peppers   | Celery Sticks   |
| Red Bell Pepper Stripes  | Green Peas  | Fresh Grapes   | Broccoli Florets   | Three Bean Salad  |
| Chilled Mixed Fruit  | Blueberries   | Strawberries   | Pineapple Tidbits  | Mandarin Oranges  |
| Fresh Apples & Pears   | Fresh Apples & Orange Wedges  | Fresh Orange Wedges & Petite Banana                          | Fresh Apples & Pears   | Apple Slices & Petite Bananas   |

**LUNCH: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit dish and choice of milk. Milk choices include skim or 1% white and 1% chocolate.**

chartwells  We support Local Farmers!

**Yogurt, Fruit and Granola Parfaits available daily!**

*\* Available for 7<sup>th</sup> – 8<sup>th</sup> Graders*

This Institution is an equal opportunity provider.