









# Ann Arbor Middle School Lunch Menu

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white and chocolate milk

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	<b>AMERICAN DINER BOWL:</b> Meat Loaf Mashed Potatoes Corn on the Cob Fresh Baked Whole Grain Biscuit Brown Gravy Green Parsley Flakes	<b>FIESTA BAJA BOWL:</b> Spicy Taco Meat Refried Beans Flour Soft Tortilla Shell Mexican Rice Southwest Corn & Black Bean Salad Shredded Cheese Shredded Lettuce	<b>ASIAN RICE BOWL:</b> Breaded Popcorn Chicken Oriental Fried Rice Steamed White Rice Fresh Carrots & Onions Homemade Crunchy Asian Topping Sweet N Sour Sauce Fresh Chopped Green Onion	<b>BACKYARD BBQ BOWL:</b> Barbecued Beef Ribbies Creamy Cole Slaw Cheesy Macaroni Seasoned Corn Fresh Baked Whole Grain Biscuit Honey BBQ Sauce Chopped Green Onion	<b>FIESTA POTATO BOWL:</b> Spicy Beef Mexican Meat Whole Baked Potato Seasoned Potato Wedges Steamed Broccoli Cuts Homemade Corn Bread Cheddar Cheese Sauce Fresh Shredded Carrot
 Unique hand held hot sandwiches and finger food combo's rule here	Chicken Tender with a Biscuit Classic Cheeseburger on Whole Grain Bun Corn on the Cob Fresh Iceberg Lettuce & Red Onions	Pizza Burger on a Whole Grain Bun Breaded Chicken on Whole Grain Bun Oven Baked Tator Tots Fresh Romaine Lettuce & Red Onions	Hot Sausage, Egg & Cheese on a Whole Wheat Bagel Classic Cheeseburger on Whole Grain Bun Warm Baked Apple Slices Fresh Romaine Lettuce & Red Onions	BLT Burger on Whole Grain Bun Breaded Chicken on Whole Grain Bun Corn Fresh Iceberg Lettuce & Red Onions	Cheese Steak Sandwich Breaded Chicken on Whole Grain Bun Oven Baked French Fries Fresh Romaine Lettuce & Red Onions
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	Pepperoni Pizza Corn on the Cob	Turkey & Cheese Stromboli Southwest Corn & Black Bean Salad	Pepperoni Pizza Warm Baked Apple Slices	Bosco Sticks w/ Marinara Sauce Corn	Pizza w/ Grilled Veggies Steamed Broccoli Cuts
 Cold Sandwiches & Salads Made Fresh Your Way  Available Daily: Tortilla Wraps Fresh Baked Bread Turkey, Ham, Tuna Salad Assorted Cheeses Fresh Vegetables Fresh Homemade Vegetable Pasta Salad	<b>Made to Order SANDWICH Bar</b> Special: Chicken Caesar Wrap	<b>Made to Order SANDWICH Bar</b> Special: Triple Decker Turkey Club on Whole Wheat	<b>Made to Order SALAD Bar</b> Special: Buffalo Chicken Salad Wrap	<b>Made to Order SANDWICH Bar</b> Special: Turkey Club Wrap	<b>Made to Order SANDWICH Bar</b> Special: Ranch Chicken Wrap
 Fresh Food Fast. Packaged for Grab N' Go	Breaded Popcorn Chicken Salad Triple Decker Turkey Club on Whole Wheat Fruit Yogurt Parfait w/ Granola Topping Apple Slices Celery Sticks	Cobb Salad w/ Crackers Chicken Caesar Wrap Fruit Yogurt Parfait w/ Granola Topping Sweet Dried Cherries Southwest Corn & Black Bean Salad	Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing Buffalo Chicken Salad Wrap Fruit Yogurt Parfait w/ Granola Topping Baby Carrots Sliced Apples	Breaded Chicken Caesar Salad w/ Crackers Turkey Club Wrap Fruit Yogurt Parfait w/ Granola Topping Marinated Cucumber & Tomatoes Salad Sliced Apples	Honey Mustard Chicken Pasta Salad Ranch Chicken Wrap Fruit Yogurt Parfait w/ Granola Topping Sweet Dried Cherries Sliced Apples
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Romaine Blend Salad w/ Light Dressing Homemade Cole Slaw Chilled Pears Celery Sticks Apples & Oranges	Caesar Romaine Side Salad w/ Croutons Southwest Corn & Black Bean Salad Chilled Peaches Sweet Dried Cherries Apples & Oranges	Romaine Blend Salad w/ Light Dressing Sweet Corn Salad Baby Carrots Chilled Pineapples Apples & Oranges	Caesar Romaine Side Salad w/ Croutons Marinated Cucumber & Tomatoes Salad Petite Bananas Broccoli Florets Apples & Oranges	Romaine Blend Salad w/ Light Dressing Baby Carrots Sweet Dried Cherries Chilled Applesauce Apples & Oranges

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