






Ypsilanti High School Lunch Menu w/ Balanced Choices Meals

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Balanced Choices Meal:</i></p>	Chicken Enchiladas Italian Breadstick Steamed Corn Fresh Pear Low Fat Milk Choice	Chicken & Cheese Quesadilla Fiesta Rice Mexican Corn Fruit Cocktail Low Fat Milk Choice	Pasta w/ Italian Meat Sauce Garlic Bread Seasoned Peas & Carrots Chilled Fruit Cocktail Low Fat Milk Choice	Cranberry Glazed Chicken Bread Stuffing Made w/ Whole Wheat Sweet Potatoes Fresh Apple Low Fat Milk Choice	Warm Chicken Caesar Salad w/ Breadstick Fruit Crisp Low Fat Milk Choice
 <p>Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Whole Wheat Buns Offered Daily</p>	 <p><i>Balanced Choices Meal:</i> Buffalo Chicken Wrap Mashed Potatoes Fresh Orange Low Fat Milk Choice</p>	BLT Burger Choice of Fruit Low Fat Milk Choice	Austin Steak Twister Choice of Fruit Low Fat Milk Choice	Breaded Chicken Club Sandwich Choice of Fruit Low Fat Milk Choice	 <p><i>Balanced Choices Meal:</i> Chicken Parmesan Wrap Seasoned Corn Fresh Orange Low Fat Milk Choice</p>
 <p>Plain and Pepperoni Pizza Offered Daily</p>	Meat Lovers Pizza Choice of Fruit Low Fat Milk Choice	Sausage Pizza Tossed Salad Choice of Fruit Low Fat Milk Choice	 <p><i>Balanced Choices Meal:</i> Chicken Brushetta Pizza Tossed Salad w/ Light Dressing Fresh Apple Low Fat Milk Choice</p>	Veggie Lover's Pizza Vegetable Choice of Fruit Low Fat Milk Choice	Meat Lovers Pizza Vegetable Choice of Fruit Low Fat Milk Choice
 <p>Deli Bar Offered Daily</p>	 <p><i>Balanced Choices Meal:</i> Tuna Salad Wrap Banana Low Fat Milk Choice</p>	 <p><i>Balanced Choices Meal:</i> Asian Chicken Wrap Macaroni Salad Fresh Orange Low Fat Milk Choice</p>	 <p><i>Balanced Choices Meal:</i> Tomato Cajun Chicken Salad Wrap Chilled Pears Low Fat Milk Choice</p>	 <p><i>Balanced Choices Meal:</i> Grilled Chicken & Roasted Vegetables on a Kaiser Roll Macaroni Salad Fresh Apple Low Fat Milk Choice</p>	 <p><i>Balanced Choices Meal:</i> Chicken Caesar Wrap Macaroni Salad Fresh Orange Low Fat Milk Choice</p>

All Lunches Include: Choice of Entrée, Choice of Two Vegetable/Fruit Side Dishes, and Choice of Milk.
 Vegetable/Fruit Side Dishes Available Daily Include: Featured Hot Vegetable(s), Tossed Side Salad, Fresh Veggie Sandwich Toppings, and Fresh Fruit
 Low Fat Milk Choices Include: skim white milk, low fat (1%) white, chocolate, and strawberry milk.