

Fowlerville High School April 2024

GLAD SHACK

Food Courts

This institution is an equal opportunity provider.
Menus are subject to change.

Annette Chamberlain,
FNS Manager 223-6117
Amy Verhelle-Smith, Director
223-6115



Daily Lunch Specials

Every Lunch includes a choice of
entree, fruits, vegetables and milk.

Earth Day
April 22



Area #2

Crazy Cheese Bread
Crazy Pepperoni Bread
Deep Dish Pepperoni Pizza
Pepperoni Calzone
BLT Pizza
Cheese Stuffed Breadsticks

Area #1

Popcorn Chicken w/Roll & Potato Wedges
BBQ Boneless Wings
w/Roll & Potato Wedges
Spicy Chicken Tenders
w/Roll & Potato Wedges
Mini Corn Dogs & Potato Wedges

Area #3

Rotation

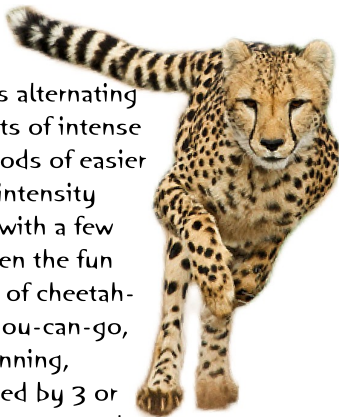
Nachos
Walking Taco
Sub Sandwich
General Tso Chicken w/Rice
Mashed Potato Bowl w/Cornbread

Area #4

Crispy Chicken Sandwich
Spicy Chicken Sandwich
Sloppy Joe
Southwest Wrap
Southwest Salad
Vegetarian Salad
Fruit & Yogurt Parfait w/Granola
PBJ Uncrustable

INTENSE.

The most effective (and time efficient) exercise for good cardio health is alternating short, cheetah-like bursts of intense activity with longer periods of easier effort. So-called "high intensity interval training" starts with a few minutes of warm-up, then the fun begins: 30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for no longer than half an hour.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!