

Menus for May 2024



Fowlerville Community Schools Elementary Menu

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



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Word of the Month

em·pa·thy

noun 1. the ability to understand someone else's feelings 2. awareness of and sensitivity to another's thoughts and experiences

ADDITION BY SUBTRACTION.

Perhaps the single best way to ADD to your good health is to SUBTRACT one item from your diet: ADDED SUGAR. Nutritionists recommend that we get no more than 5-10% of daily calories from added sugar -- about 25-50 grams per day (6-12 teaspoons). Sound like a lot? A single 12-oz. soda contains 40 grams.

That's like eating 10 sugar packs!



And you'll also find added sugar in lots of places you might not expect -- ketchup, BBQ sauce, bread, cereal (even those marketed as "healthy"), vitamin water, protein and granola bars, sports drinks -- even spaghetti sauce. Added sugar is required to be listed separately on nutrition labels. So get in the habit of checking that out! And choose whole, natural, unprocessed food when you can.

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

Monday, May 6

Choice of One Entree
 Crispy Chicken Sandwich
 Hot Dog
 Chicken Caesar Salad
 PBJ Uncrustable

Cheetos Puffs
 Fresh Veggies
 Variety of Fresh Fruit
Milk

Tuesday, May 7

Choice of One Entree
 Nachos
 Grilled Cheese
 Chicken Caesar Salad
 PBJ Uncrustable

Fresh Veggies
 Variety of Fresh Fruit
Milk

Wednesday, May 8

Choice of One Entree
 Chicken Tenders
 Cheeseburger
 Chicken Caesar Salad
 PBJ Uncrustable

Potato Smiles
 Fresh Veggies
 Variety of Fresh Fruit
Milk

Thursday, May 9

Choice of One Entree
 Chicken & Veggie Potstickers
 w/Rice
 Cheese Pizza
 Chicken Caesar Salad
 PBJ Uncrustable

Fortune Cookie
 Fresh Veggies
 Variety of Fresh Fruit
Milk

Friday, May 10

Choice of One Entree
 Mini Cinni & Sausage
 Strawberries & Yogurt Parfait
 Chicken Caesar Salad
 PBJ Uncrustable

Fresh Veggies
 Variety of Fresh Fruit
Milk

Wednesday, May 1

Choice of One Entree
 Popcorn Chicken
 Crazy Cheezy Bread
 Chicken Bacon Ranch Salad
 PBJ Uncrustable

Potato Triangle
 Fresh Veggies
 Variety of Fresh Fruit
Milk

Thursday, May 2

Choice of One Entree
 Cheese Pizza
 Mini Corn Dogs
 Chicken Bacon Ranch Salad
 PBJ Uncrustable

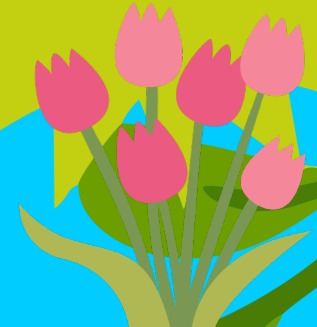
Scooby Snacks
 Fresh Veggies
 Variety of Fresh Fruit
Milk

Friday, May 3

Choice of One Entree
 Confetti Pancakes w/
 Sausage
 Cheese Omelet & Muffin
 Chicken Bacon Ranch Salad
 PBJ Uncrustable

Fresh Veggies
 Variety of Fresh Fruit
Milk

HAPPY Mother's DAY



Monday, May 13

Choice of One Entree

Hot Ham & Cheese on a
Pretzel Bun
Hot Dog
Chef Salad
PBJ Uncrustable

Sun Chips
Fresh Veggies
Variety of Fresh Fruit

Milk

Tuesday, May 14

Choice of One Entree

Soft Taco
Chicken Quesadilla
Chef Salad
PBJ Uncrustable

Mini Rice Krispie Treat
Fresh Veggies
Variety of Fresh Fruit

Milk

Wednesday, May 15

Choice of One Entree

BBQ Boneless Wings
Mozzarella Cheese Sticks
Chef Salad
PBJ Uncrustable

Potato Triangle
Fresh Veggies
Variety of Fresh Fruit

Milk

Thursday, May 16

Choice of One Entree

Pepperoni Pizza
Cheese Stuffed Breadsticks
Chef Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit

Milk

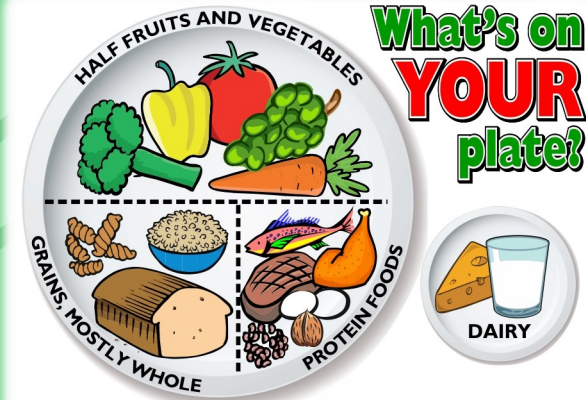
Friday, May 17

Choice of One Entree

Dutch Waffle & Sausage
Breakfast Pizza
Chef Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit

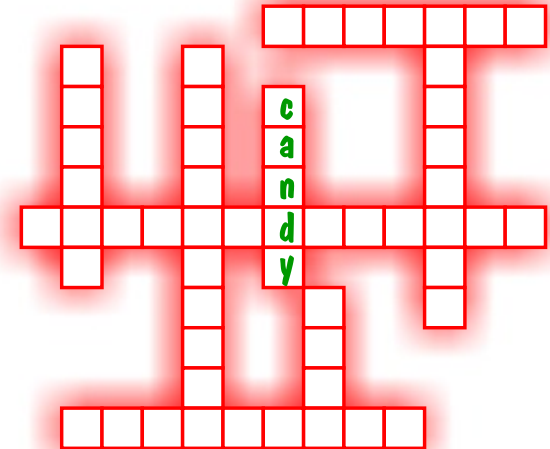
Milk



What's on YOUR plate?

Sugar adds up!

On average, we should eat fewer than 12 teaspoons (about 50g) of added sugar a day. Six teaspoons or fewer is even better. The puzzle below can help you see if you're eating too much sugar for your own good -- but remember to check the nutrition labels, because added sugar (in many different disguises!) is contained in a lot of processed foods that we don't even think of as sweet!



Fit the names of the added sugar sources into the crossword puzzle.

- Soda** 10 teaspoons added sugar
- Milk Shake** 25 teaspoons
- Candy** (1 package) 5-10 teaspoons
- Fruit Drink** 4-8 teaspoons
- Ice Cream** 10 teaspoons
- Cookies** 2-8 teaspoons
- Frosted Cereal** 3 teaspoons
- Pastry** 3-12 teaspoons

These figures are averages and are for added sugar only -- some sugar occurs naturally in unprocessed foods like whole fruits and vegetables.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 20

Choice of One Entree

Macaroni & Cheese
Chicken Nuggets
Chicken Bacon Ranch Salad
PBJ Uncrustable

Garlic Toast
Fresh Veggies
Variety of Fresh Fruit

Milk

Tuesday, May 21

Choice of One Entree

Walking Taco
Pepperoni Calzone
Chicken Bacon Ranch Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit

Milk

Wednesday, May 22

Choice of One Entree

Popcorn Chicken
Crazy Cheezy Bread
Chicken Bacon Ranch Salad
PBJ Uncrustable

Potato Triangle
Fresh Veggies
Variety of Fresh Fruit

Milk

Thursday, May 23

Choice of One Entree

Cheese Pizza
Mini Corn Dogs
Chicken Bacon Ranch Salad
PBJ Uncrustable

Scooby Snacks
Fresh Veggies
Variety of Fresh Fruit

Milk

Friday, May 24

Choice of One Entree

Confetti Pancakes w/
Sausage
Cheese Omelet & Muffin
Chicken Bacon Ranch Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit

Milk

Monday, May 27



Tuesday, May 28

Choice of One Entree

Nachos
Grilled Cheese
Chicken Caesar Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit

Milk

Wednesday, May 29

Choice of One Entree

Chicken Tenders
Cheeseburger
Chicken Caesar Salad
PBJ Uncrustable

Potato Smiles
Fresh Veggies
Variety of Fresh Fruit

Milk

Thursday, May 30

Choice of One Entree

Chicken&Veggie Potstickers
w/Rice
Cheese Pizza
Chicken Caesar Salad
PBJ Uncrustable

Fortune Cookie
Fresh Veggies
Variety of Fresh Fruit

Milk

Friday, May 31

Choice of One Entree

Mini Cinni & Sausage
Strawberries&Yogurt Parfait
Chicken Caesar Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit

Milk