

Menus for

April 2024

Fowlerville Jr. High



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

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Visit us online: www.fowlervilleschools.org



Daily Lunch Specials

- BBQ Chicken Pizza
- Cheese Pizza
- BBQ Rib Sandwich
- Mozzarella Breadsticks
- Mini Corn Dogs & Potato Smiles
- Crispy Chicken Sandwich
- Spicy Chicken Sandwich
- Southwest Salad
- Gladiator Lunch Box
- Fruit & Yogurt Parfait w/Granola
- Sunrise Smoothie w/Granola
- PBJ Uncrustable

Every Lunch includes:

1. A choice of the above entrees
2. Fruit & Vegetable Choices
3. Choice of Milk

To qualify for Free and Reduced pricing, eligible students must select at least three components and at least a 1/2 cup serving of fruit or vegetable. If students choose only one part of the meal, i.e. the entrée only, a la carte pricing is charged

WORLD'S GREATEST APRIL FOOL'S TRICKS!

On the morning of April 1, 1974, citizens of Sitka, Alaska awoke to find Mount Edgecumbe, the long-dormant volcano that looms over their town, belching black smoke! *Was the volcano suddenly coming to life?!*

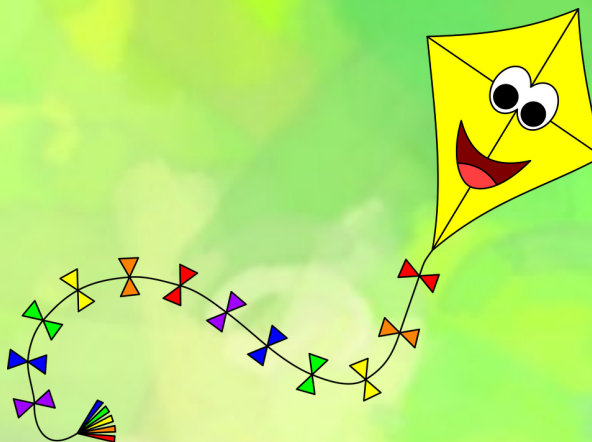
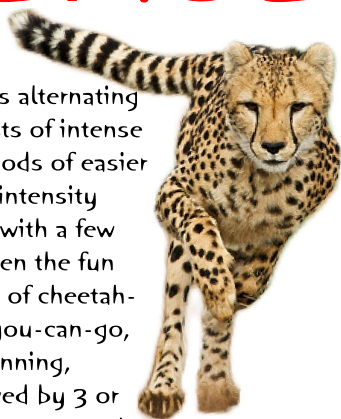


NO!!! A local prankster and his buddies had helicoptered a bunch of old tires into the crater and then set them ablaze. When a Coast Guard plane flew over the smoldering cauldron, the pilot saw the words "**APRIL FOOL**" stamped out in the snow!

See the other side for more all-time great pranks!

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.



Weekly Rotation

- Mashed Potato Bowl w/Roll 4/1-4/5**
- Baked Potato Bar w/Biscuit 4/8-4/12**
- Mashed Potato Bowl w/Roll 4/15-4/19**
- Baked Potato Bar w/Biscuit 4/22-4/26**
- Mashed Potato Bowl w/Roll 4/29 & 4/30**

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