Kristen Hines, Kitchen Manager 223-6209
Amy Verhelle-Smith, Director 223-6115
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Fowlerville Junior High

USDA in an equal opportunity provider and employer.

August/September 2019 Daily Lunch Specials

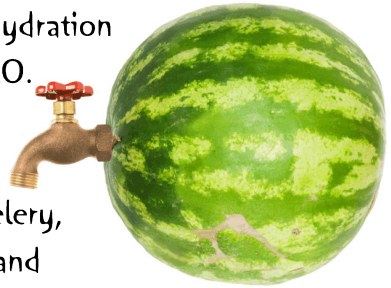
Rotini & Meat Sauce w/Garlic Toast
Crazy Cheezy Bread
Corn Dog
Chicken Tenders w/Garlic Toast
Mozzarella Breadsticks
Crispy Chicken Sandwich
Chicken Caesar Wrap
Ham & Cheese Pretzel Bun Sandwich
Chef Salad
PBJ w/String Cheese & Cheez-It Crackers
Fruit & Yogurt Parfait w/Granola

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.

EAT YOUR WATER.



Your go-to choice for hydration should be good old H2O. But foods like watermelon (of course), cucumbers, peppers, celery, cauliflower, tomatoes, and strawberries are all more than 90% water and can help you hydrate AND feel more full, too.

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

Our meals are convenient, economical, and healthy. Please join us often!

Breakfast	Lunch
$1.75	$3.10

Get in touch with us today to learn more about free and reduced-price meals in our district:
517-223-6115 or verhellesmitha@fowlervilleschools.org