

## **Fowlerville Junior High**

This institution is an equal opportunity provider.

Kristen Hines, Kitchen Manage 223-6209 Amy Verhelle-Smith, Director 223-6115 Visit us online: www.fowlervilleschools.org

## **Daily Lunch Specials**

Walking Taco
Pepperoni Calzone
Hot Ham & Cheese Pretzel Bun Sandwich
Italian Pull Apart Cheese Bread
BBQ Boneless Wings
w/Potato Smiles&Roll
Crispy Chicken Sandwich
Spicy Chicken Sandwich
Chicken Bacon Ranch Salad
Gladiator Lunch Box
Fruit & Yogurt Parfait
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

## Word of the Month kind ness

noun 1. goodness; benevolence2. consideration for the feelings and well-being of people other than oneself

**3.** sympathy; gentle helpfulness







Poinsettias

The beautiful red plants you see a lot of this time of year are called "poinsettias."

They are named after an American diplomat, Joel Poinsett, who brought the plants to our country from their native Mexico in 1828. The red parts are not really flowers, but leaves – the flowers are the tiny gold buds in the center. In nature, poinsettias can grow up to 10 feet tall!