

Fowlerville Jr. High

Menus for January 2024

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

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Visit us online: www.fowlervilleschools.org



Happy New Year

Welcome Back!

We hope you enjoyed your break!

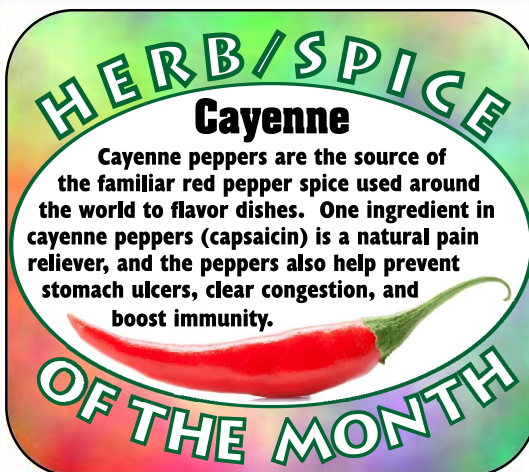
Daily Lunch Specials

Walking Taco
Pepperoni Calzone
Hot Ham & Cheese Pretzel Bun Sandwich
Mozzarella Breadsticks
BBQ Boneless Wings
w/Potato Smiles & Roll
Crispy Chicken Sandwich
Spicy Chicken Sandwich
Chicken Greek 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.



GREAT STARTS.



A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!

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

eat fit

wanna stay fit?
gotta eat right!



item:
pretzels
verdict:
twisted

tip: A twisted snack, indeed. Pretzels have zero fat and some fiber (especially if you eat whole-grain versions). But they're loaded with salt and, once you get your hand in that bag, you can easily eat 500 or more calories in no time.

So be aware and try not to eat too many!

