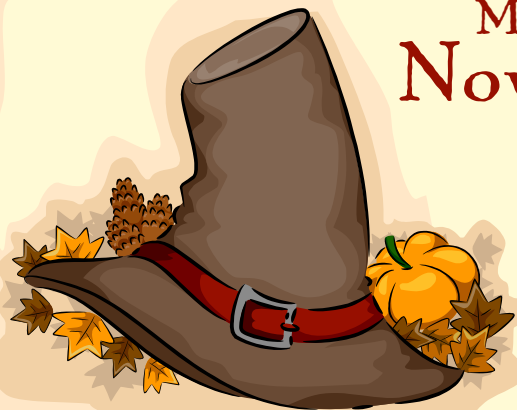


Menus for November 2023



Fowlerville
Community
Schools
Elementary Menu

*This institution is an
equal opportunity
provider and employer.*



Food & Nutrition Services • www.fowlervilleschools.org
Amy Verhelle-Smith, Director 223-6115
Gina Charboneau—Smith Elementary Mgr. 223-6479
Theresa Goodwin—Kreeger Elementary Mgr. 223-6387



Sunday, Nov. 5

Word of the Month ex·cep·tion·al

adj. 1. surpassing what is com-
mon or expected 2. unusual;
outside the norm 3. well above
average; extraordinary

DON'T GET!
To make a lunch,
choose at least one



Fruit/Juice

or



Veggie



BREWSTER CENTRAL SCHOOL DISTRICT CHILD NUTRITION SERVICES

Wednesday, November 1

Choice of One Entree

Chicken Tenders
Cheeseburger
Chicken Caesar Salad
PBJ Uncrustable

Potato Smiles
Fresh Veggies
Variety of Fresh Fruit

Milk

Thursday, November 2

Choice of One Entree

Cheese Pizza
Corn Dog
Chicken Caesar Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit

Milk

Friday, November 3

Choice of One Entree

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

Fresh Veggies
Variety of Fresh Fruit

Milk

BALANCING ACT.

Should kids take a vitamin pill every day? Fussy eaters and kids who don't eat a lot of fruits,



veggies, and grains might need a daily vitamin.

But kids who eat a reasonably healthy and balanced diet probably don't need one. Ask your doctor.

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

Monday, November 6

Choice of One Entree

Macaroni & Cheese
Crispy Chicken Drumstick
Chef Salad
PBJ Uncrustable

Garlic Toast
Fresh Veggies
Variety of Fresh Fruit

Milk

Tuesday, November 7

Choice of One Entree

Soft Taco
Chicken Quesadilla
Chef Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit

Milk

Wednesday, November 8

Choice of One Entree

BBQ Boneless Wings
Mozzarella Cheese Sticks
Chef Salad
PBJ Uncrustable

Potato Triangle
Mini Rice Krispie Treat
Fresh Veggies
Variety of Fresh Fruit

Milk

Thursday, November 9

Choice of One Entree

Pepperoni Pizza
Cheese Stuffed Breadsticks
Chef Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit

Milk

Friday, November 10

Choice of One Entree

Dutch Waffle & Sausage
Bagel, Yogurt & String Cheese
Chef Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit

Milk



Center of Attention!

Turkey is the star attraction on many Thanksgiving tables -- and this tasty bird is a nutrition star, too! Three ounces of turkey breast (without skin) contains just 88 calories, 1½ grams of fat, almost no saturated fat, and a whopping 14 grams of protein!



It's worth searching for high-quality, nutritious food like turkey. Can you find your way to the smiling turkey at the center of the maze?

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

Monday, November 13

Choice of One Entree

Turkey & Gravy w/
Mashed Potatoes & Roll
Hot Dog
Chicken Bacon Ranch Salad
PBJ Uncrustable

Scooby Snacks
Fresh Veggies
Variety of Fresh Fruit
Milk

Tuesday, November 14

Choice of One Entree

Walking Taco
Pepperoni Calzone
Chicken Bacon Ranch Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit
Milk

Wednesday, November 15

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, November 16

Parent/Teacher
Conferences



Early Dismissal.
Lunch will
not be served.

Friday, November 17

Parent/Teacher
Conferences



Early Dismissal.
Lunch will
not be served.

Monday, November 20

Choice of One Entree

Crispy Chicken Sandwich
Hot Dog
Chicken Caesar Salad
PBJ Uncrustable

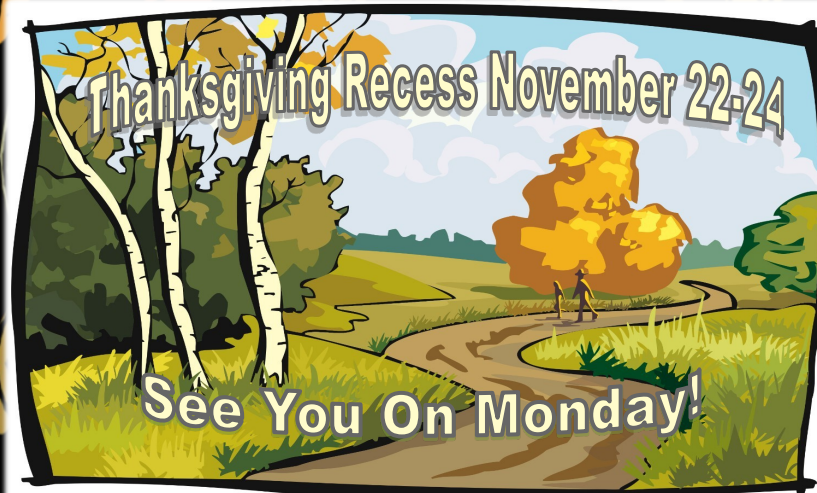
Cheetos Puffs
Fresh Veggies
Variety of Fresh Fruit
Milk

Tuesday, November 21

Choice of One Entree

Nachos
Grilled Cheese
Chicken Caesar Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit
Milk



Monday, November 27

Choice of One Entree

Macaroni & Cheese
Crispy Chicken Drumstick
Chef Salad
PBJ Uncrustable

Garlic Toast
Fresh Veggies
Variety of Fresh Fruit
Milk

Tuesday, November 28

Choice of One Entree

Soft Taco
Chicken Quesadilla
Chef Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit
Milk

Wednesday, November 29

Choice of One Entree

BBQ Boneless Wings
Mozzarella Cheese Sticks
Chef Salad
PBJ Uncrustable

Potato Triangle
Mini Rice Krispie Treat
Fresh Veggies
Variety of Fresh Fruit
Milk

Thursday, November 30

Choice of One Entree

Pepperoni Pizza
Cheese Stuffed Breadsticks
Chef Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit
Milk



Every complete meal
we serve comes with
your choice of milk!