MENUS FOR 2023



Fowlerville Community Schools Elementary Menu

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



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



impossible to come by in most of the U.S. in winter. That's too bad. But tomato soup is always easy to find, and, surprisingly, processed tomato products like canned tomato soup actually contain more of some key nutrients than fresh tomatoes.

AQUICK BITE FOR PARENTS



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!

Friday, December I

Choice of One Entree

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

> Fresh Veggies Variety of Fresh Fruit Milk

Monday, December 4

Choice of One Entree

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

Scooby Snacks Fresh Veggies Variety of Fresh Fruit Milk

Tuesday, December 5

Choice of One Entree

Walking Taco Pepperoni Calzone Chicken Bacon Ranch Salad Chicken Bacon Ranch Salad PBJ Uncrustable

Fresh Veggies Variety of Fresh Fruit Milk

Wednesday, December 6

Choice of One Entree

Popcorn Chicken Crazy Cheezy Bread PBJ Uncrustable

> Potato Triangle Fresh Veggies Variety of Fresh Fruit Milk

Thursday, December 7

Choice of One Entree

Cheese Pizza Mini Corn Dogs Chicken Bacon Ranch Salad PBJ Uncrustable

Fresh Veggies Variety of Fresh Fruit Milk

1/18 Friday, December 8

Choice of One Entree

Confetti Pancakes w/ Sausage Cheese Omelet & Muffin Chicken Bacon Ranch Salad PBJ Uncrustable

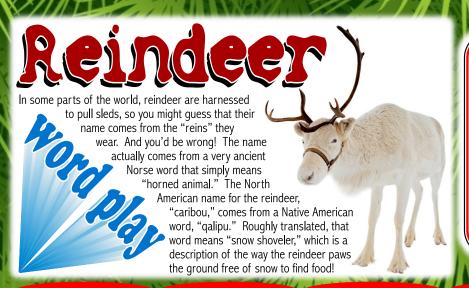
Fresh Veggies Variety of Fresh Fruit Milk

HAPPIER HOLIDAYS

Want to avoid overeating during the holidays? Make sure you eat breakfast every morning. Missing that first meal of the day can cause you to

feel intense cravings and extreme hunger, making it difficult to avoid high fat, high sugar temptations.

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



Word of the Month \(\) kind \(\) ness

noun 1. goodness; benevolence

- **2**. consideration for the feelings and well-being of people other than oneself
- **3.** sympathy; gentle helpfulness

Place PROPERTY OF DAIRY

Get crackin'!

JALF FRUITS AND VEGETARY

There
might not
be another
snack that's as
good for you -- and
as fun -- as whole walnuts
that you crack yourself! The nuts are
filling and tasty, and the process of br

that you crack yourself! The nuts are filling and tasty, and the process of breaking them open involves more effort than mindlessly stuffing yourself with chips. Plus walnuts are loaded with stuff that's good for you — for instance, walnuts are one of the few non-fish sources of super-healthy omega-3 fatty acids.

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

Monday, December II

Choice of One Entree

Crispy Chicken Sandwich Hot Dog Chicken Caesar Salad PBJ Uncrustable

Cheetos Puffs Fresh Veggies Variety of Fresh Fruit **Milk**

Tuesday, December 12

Choice of One Entree

Nachos Grilled Cheese Chicken Caesar Salad PBJ Uncrustable

Fresh Veggies Variety of Fresh Fruit *Milk*

Wednesday, December 13

Choice of One Entree

Chicken Tenders Cheeseburger Chicken Caesar Salad PBJ Uncrustable

Potato Smiles Fresh Veggies Variety of Fresh Fruit **Milk**

Thursday, December 14

Choice of One Entree

Cheese Pizza Corn Dog Chicken Caesar Salad PBJ Uncrustable

Fresh Veggies Variety of Fresh Fruit **Milk**

Friday, December 15

Choice of One Entree

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

Fresh Veggies Variety of Fresh Fruit *Milk*

Monday, December 18

Choice of One Entree

Macaroni & Cheese Crispy Chicken Drumstick Chef Salad PBJ Uncrustable

Garlic Toast Fresh Veggies Variety of Fresh Fruit **Milk**

Tuesday, December 19

Choice of One Entree

Soft Taco Chicken Quesadilla Chef Salad PBJ Uncrustable

Fresh Veggies Variety of Fresh Fruit **Milk**

Wednesday, December 20

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, December 21

Choice of One Entree

Pepperoni Pizza Cheese Stuffed Breadsticks Chef Salad PBJ Uncrustable

Fresh Veggies Variety of Fresh Fruit *Milk*

Friday, December 22

Choice of One Entree

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

Fresh Veggies Variety of Fresh Fruit **Milk**

