

# MENUS FOR DECEMBER 2023



Food & Nutrition Services • [www.fowlervilleschools.org](http://www.fowlervilleschools.org)  
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## Fowlerville Community Schools Elementary Menu

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

## NUTRITION TO GO

Fresh local tomatoes are 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.

## A QUICK BITE FOR PARENTS



## 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!

### Friday, December 1

#### 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 Dog  
 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  
 PBJ Uncrustable

Fresh Veggies  
 Variety of Fresh Fruit  
**Milk**

### Wednesday, December 6

#### 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, December 7

#### Choice of One Entree

Cheese Pizza  
 Mini Corn Dogs  
 Chicken Bacon Ranch Salad  
 PBJ Uncrustable

Fresh Veggies  
 Variety of Fresh Fruit  
**Milk**

### 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 over-eating 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!**



# Reindeer

In some parts of the world, reindeer are harnessed to pull sleds, so you might guess that their name comes from the "reins" they wear. And you'd be wrong! The name actually comes from a very ancient Norse word that simply means "horned animal." The North

American name for the reindeer, "caribou," comes from a Native American word, "qalipu." Roughly translated, that word means "snow shoveler," which is a description of the way the reindeer paws the ground free of snow to find food!



**Word play**

**Monday, December 11**

## 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**

## 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



What's on  
**YOUR**  
plate?

**Get crackin'!**

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 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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**See You  
Next Year!**

Last day of school:  
Friday, December 22

Classes Resume  
Tuesday, January 8

