

Happy New Year!



Fowlerville Community Schools Elementary Menu

This institution is an equal opportunity provider and employer.



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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!

Monday, January 8

Choice of One Entree

Macaroni & Cheese
 Chicken Nuggets
 Chicken Bacon Ranch Salad
 PBJ Uncrustable

Garlic Toast
 Fresh Veggies
 Variety of Fresh Fruit
Milk

Tuesday, January 9

Choice of One Entree

Walking Taco
 Pepperoni Calzone
 Chicken Bacon Ranch Salad
 PBJ Uncrustable

Fresh Veggies
 Variety of Fresh Fruit
Milk

Wednesday, January 10

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, January 11

Choice of One Entree

Cheese Pizza
 Mini Corn Dogs
 Chicken Bacon Ranch Salad
 PBJ Uncrustable

Fresh Veggies
 Variety of Fresh Fruit
Milk

Friday, January 12

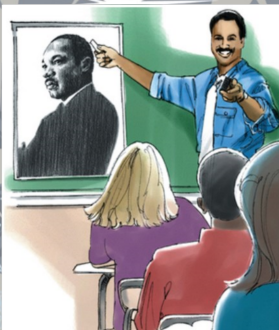
Choice of One Entree

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

Fresh Veggies
 Variety of Fresh Fruit
Milk

Many Moons

Native Americans had special names for every full moon of the year. One name for the January full moon is the "Moon when the Sun has not strength to thaw."



School will be closed Monday, January 15 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 16

Choice of One Entree

Nachos
 Grilled Cheese
 Chicken Caesar Salad
 PBJ Uncrustable

Fresh Veggies
 Variety of Fresh Fruit
Milk

Wednesday, January 17

Choice of One Entree

Chicken Tenders
 Cheeseburger
 Chicken Caesar Salad
 PBJ Uncrustable

Potato Smiles
 Fresh Veggies
 Variety of Fresh Fruit
Milk

Thursday, January 18

Choice of One Entree

Cheese Pizza
 Corn Dog
 Chicken Caesar Salad
 PBJ Uncrustable

Fresh Veggies
 Variety of Fresh Fruit
Milk

Friday, January 19



Lunch will not be served

HERB/SPICE

Cayenne

Cayenne peppers are the source of the familiar red pepper spice used around the world to flavor dishes. One ingredient in cayenne peppers (capsaicin) is a natural pain reliever, and the peppers also help prevent stomach ulcers, clear congestion, and boost immunity.

OF THE MONTH

Monday, January 22

Choice of One Entree

Mashed Potato Bowl
Hot Dog
Chef Salad
PBJ Uncrustable

Scooby Snacks
Fresh Veggies
Variety of Fresh Fruit
Milk

Tuesday, January 23

Choice of One Entree

Soft Taco
Chicken Quesadilla
Chef Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit
Milk

Wednesday, January 24

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, January 25

Choice of One Entree

Pepperoni Pizza
Cheese Stuffed Breadsticks
Chef Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit
Milk

Friday, January 26

Choice of One Entree

Dutch Waffle & Sausage
Breakfast Pizza
Chef Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit
Milk

Monday, January 29

Choice of One Entree

Macaroni & Cheese
Chicken Nuggets
Chicken Bacon Ranch Salad
PBJ Uncrustable

Garlic Toast
Fresh Veggies
Variety of Fresh Fruit
Milk

Tuesday, January 30

Choice of One Entree

Walking Taco
Pepperoni Calzone
Chicken Bacon Ranch Salad
PBJ Uncrustable

Fresh Veggies
Variety of Fresh Fruit
Milk

Wednesday, January 31

Choice of One Entree

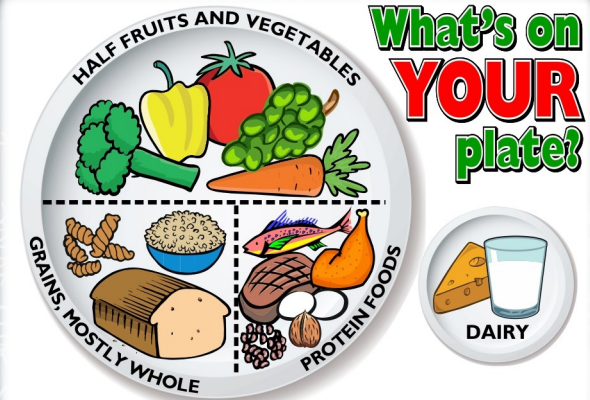
Popcorn Chicken
Crazy Cheezy Bread
Chicken Bacon Ranch Salad
PBJ Uncrustable

Potato Triangle
Fresh Veggies
Variety of Fresh Fruit
Milk

The home stretch!



Just a few more months to go in the school year! **YOU CAN DO IT!** And we want to help! While you concentrate on the finish line, we'll keep you fueled up with tasty, nutritious food!



Which of these prehistoric life forms is NOT extinct?



STEGOMASTODON -- a six-ton elephant-like behemoth. MEGATHERIUM -- a four-ton giant ground sloth. And the AVOCADO?! The first two are extinct -- and the third probably should be. The avocado plant developed its large seed (it was even larger back then) because very big animals would eat the fruit whole in one gulp, seed and all, and help the plant spread to new areas. When most of the big mammals died off 10,000 or more years ago, the avocado should have disappeared with them -- birds and tiny mammals can't begin to swallow and disperse a seed that big! But somehow the wild avocado survived thousands of years until humans learned to cultivate the delicious fruit. And the avocado's future survival was guaranteed when man discovered the Super Bowl and started cranking out lots of guacamole every winter!!

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



or



**and 3-5
items
total**



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