

May 2024
Fowlerville Jr. High



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

Kristen Hines, Kitchen Manager 223-6209
Amy Verhelle-Smith, Director 223-6115
Visit us online: www.fowlervilleschools.org



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

Daily Lunch Specials

Variety of Pizza
Beef Fiestada
Mozzarella Breadsticks
Chicken Tenders & Potato Wedges
Crispy Chicken Sandwich
Spicy Chicken Sandwich
Cobb Salad
Gladiator Lunch Box
Fruit & Yogurt Parfait w/Granola
Banana Split Parfait w/ Granola
PBJ Uncrustable

Every Lunch includes:

1. A choice of the above entrees
2. Fruit & Vegetable Choices
3. Choice of Milk

ADDITION BY SUBTRACTION.

Perhaps the single best way to ADD to your good health is to SUBTRACT one item from your diet: ADDED SUGAR. Nutritionists recommend that we get no more than 5-10% of daily calories from added sugar -- about 25-50 grams per day (6-12 teaspoons). Sound like a lot? A single 12-oz. soda contains 40 grams.

That's like eating 10 sugar packs!



And you'll also find added sugar in lots of places you might not expect -- ketchup, BBQ sauce, bread, cereal (even those marketed as "healthy"), vitamin water, protein and granola bars, sports drinks -- even spaghetti sauce. Added sugar is required to be listed separately on nutrition labels. So get in the habit of checking that out! And choose whole, natural, unprocessed food when you can.

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

Rotation

Monday-Thursday
Nachos or Soft Taco

Friday Only
General Tso Chicken w/Rice & Egg Roll



HAPPY Mother's DAY

