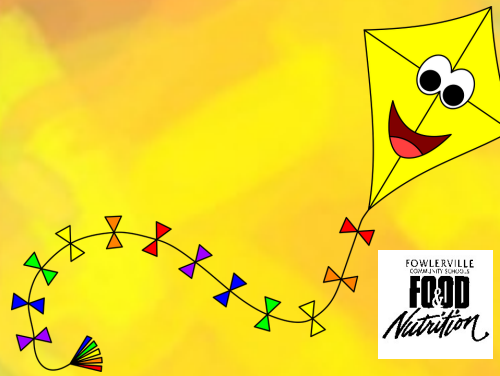


April 2024

**Fowlerville
Community
Schools
Elementary
Menu**



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

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

Word *of the* Month

daunt·less

adj. 1. incapable of being discouraged or intimidated
 2. brave 3. fearless <a *daunt-less* fighter against corruption>

WORLD'S GREATEST APRIL FOOLS TRICKS!



On the morning of April 1, 1974, citizens of Sitka, Alaska awoke to find Mount Edgecumbe, the long-dormant volcano that looms over their town, belching black smoke! *Was the volcano suddenly coming to life?! NO!!!* A local prankster and his buddies had helicoptered a bunch of old tires into the crater and then set them ablaze. When a Coast Guard plane flew over the smoldering cauldron, the pilot saw the words "APRIL FOOL" stomped out in the snow!

See the back page for more all-time great pranks!

Monday, April 1

Choice of One Entree
 Hot Ham & Cheese on a
 Pretzel Bun
 Hot Dog
 Chef Salad
 PBJ Uncrustable

Fresh Veggies
 Variety of Fresh Fruit
Milk

Tuesday, April 2

Choice of One Entree
 Soft Taco
 Chicken Quesadilla
 Chef Salad
 PBJ Uncrustable

Mini Rice Krispie Treat
 Fresh Veggies
 Variety of Fresh Fruit
Milk

Wednesday, April 3

Choice of One Entree
 BBQ Boneless Wings
 Mozzarella Cheese Sticks
 Chef Salad
 PBJ Uncrustable

Potato Triangle
 Fresh Veggies
 Variety of Fresh Fruit
Milk

Thursday, April 4

Choice of One Entree
 Pepperoni Pizza
 Cheese Stuffed Breadsticks
 Chef Salad
 PBJ Uncrustable

Fresh Veggies
 Variety of Fresh Fruit
Milk

Friday, April 5

Choice of One Entree
 Dutch Waffle & Sausage
 Breakfast Pizza
 Chef Salad
 PBJ Uncrustable

Fresh Veggies
 Variety of Fresh Fruit
Milk

Monday, April 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, April 9

Choice of One Entree
 Walking Taco
 Pepperoni Calzone
 Chicken Bacon Ranch Salad
 PBJ Uncrustable

Fresh Veggies
 Variety of Fresh Fruit
Milk

Wednesday, April 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, April 11

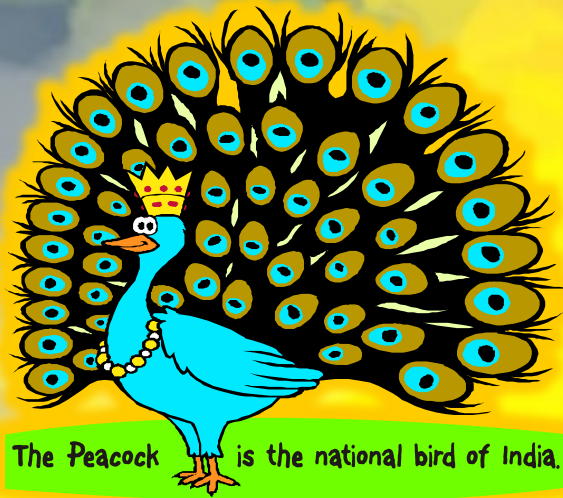
Choice of One Entree
 Cheese Pizza
 Mini Corn Dogs
 Chicken Bacon Ranch Salad
 PBJ Uncrustable

Scooby Snacks
 Fresh Veggies
 Variety of Fresh Fruit
Milk

Friday, April 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



The Peacock is the national bird of India.

Monday, April 15

Choice of One Entree
 Crispy Chicken Sandwich
 Hot Dog
 Chicken Caesar Salad
 PBJ Uncrustable

Cheetos Puffs
 Fresh Veggies
 Variety of Fresh Fruit
Milk

Tuesday, April 16

Choice of One Entree
 Nachos
 Grilled Cheese
 Chicken Caesar Salad
 PBJ Uncrustable

Fresh Veggies
 Variety of Fresh Fruit
Milk

Wednesday, April 17

Choice of One Entree
 Chicken Tenders
 Cheeseburger
 Chicken Caesar Salad
 PBJ Uncrustable

Potato Smiles
 Fresh Veggies
 Variety of Fresh Fruit
Milk

Thursday, April 18

Choice of One Entree
 Chicken&Veggie Potstickers
 w/Rice
 Cheese Pizza
 Chicken Caesar Salad
 PBJ Uncrustable

Fortune Cookie
 Fresh Veggies
 Variety of Fresh Fruit
Milk

Friday, April 19

Choice of One Entree
 Mini Cinni & Sausage
 Strawberries&Yogurt Parfait
 Chicken Caesar Salad
 PBJ Uncrustable

Fresh Veggies
 Variety of Fresh Fruit
Milk



Monday, April 22

Choice of One Entree
 Hot Ham & Cheese on a
 Pretzel Bun
 Hot Dog
 Chef Salad
 PBJ Uncrustable

Fresh Veggies
 Variety of Fresh Fruit
Milk

Tuesday, April 23

Choice of One Entree
 Soft Taco
 Chicken Quesadilla
 Chef Salad
 PBJ Uncrustable

Mini Rice Krispie Treat
 Fresh Veggies
 Variety of Fresh Fruit
Milk

Wednesday, April 24

Choice of One Entree
 BBQ Boneless Wings
 Mozzarella Cheese Sticks
 Chef Salad
 PBJ Uncrustable

Potato Triangle
 Fresh Veggies
 Variety of Fresh Fruit
Milk

Thursday, April 25

Choice of One Entree
 Pepperoni Pizza
 Cheese Stuffed Breadsticks
 Chef Salad
 PBJ Uncrustable

Fresh Veggies
 Variety of Fresh Fruit
Milk

Friday, April 26

Choice of One Entree
 Dutch Waffle & Sausage
 Breakfast Pizza
 Chef Salad
 PBJ Uncrustable

Fresh Veggies
 Variety of Fresh Fruit
Milk

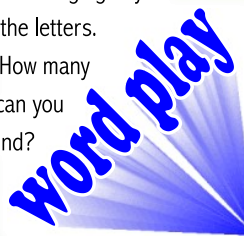
THEREIN

The word "therein" (pronounce it like it's two words, "there" and "in") is special. It's the shortest word in the English

language that contains **TEN** other smaller words without rearranging any of the letters. How many can you find?



the, there, he, her, here, herein, ere, re, rein, in



Monday, April 29

Choice of One Entree
 Macaroni & Cheese
 Chicken Nuggets
 Chicken Bacon Ranch Salad
 PBJ Uncrustable

Garlic Toast
 Fresh Veggies
 Variety of Fresh Fruit
Milk

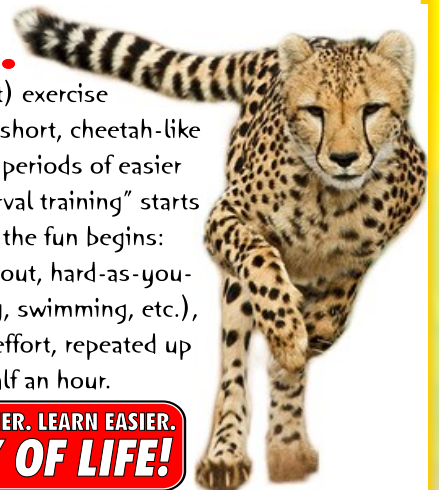
Tuesday, April 30

Choice of One Entree
 Walking Taco
 Pepperoni Calzone
 Chicken Bacon Ranch Salad
 PBJ Uncrustable

Fresh Veggies
 Variety of Fresh Fruit
Milk

INTENSE.

The most effective (and time efficient) exercise for good cardio health is alternating short, cheetah-like bursts of intense activity with longer periods of easier effort. So-called "high intensity interval training" starts with a few minutes of warm-up, then the fun begins: 30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for no longer than half an hour.



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