



Fowler High School Month January 8th-12th

Student Lunch Price: \$2.85 Reduced Price: \$0.40

A full student lunch includes a choice of entrée supplying protein and grain, unlimited fruit and vegetable side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.

In addition to the vegetables and fruits offered on our serving line stations, **a daily cold vegetable and fruit bar is available daily (Extra Extra)**. We feature a variety of vegetables and fruits on the bar including locally grown when seasonally available.

Station	Monday	Tuesday	Wednesday	Thursday	Friday
	Macaroni and Cheese Broccoli Breadstick	Beef Macho Nachoes Refried Beans	Chicken Nuggets Dinner Roll Curly Fries	Made to order Sandwich Bar Meat choice, Cheese choice, lettuce, tomato, pickles Choice of Soup	Breaded Chicken Drumsticks Sweet Potato Fries Biscuit
	Popcorn Chicken with Biscuit Toasted Turkey Club	Popcorn Chicken with Biscuit Mini Corndogs with Breadstick Refried Beans	Popcorn Chicken with Biscuit Spicy Chicken Sandwich	Popcorn Chicken with Biscuit Bosco Stick with sauce Seasoned Corn	Popcorn Chicken with Biscuit Chicken Patty on Bun Sweet Potato Fries
Available Daily: Pepperoni & Cheese Pizza on Whole Grain Crust					
	Pepperoni Pizza	BBQ Chicken Pizza	Cheese Pizza	Pepperoni Pizza	Cheese Pizza
	Turkey Chef Salad with roll	Berry Parfait	Turkey Chef Salad with roll	Berry Parfait	Turkey Chef Salad with roll
	Romanine Blend Lettuce Baby Carrots Fresh Snap Peas Assorted Fresh Fruit Assorted Canned Fruit	Romanine Blend Lettuce Baby Carrots Confetti Coleslaw Assorted Fresh Fruit Assorted Canned Fruit	Romanine Blend Lettuce Baby Carrots Fresh Broccoli Assorted Fresh Fruit Assorted Canned Fruit	Romanine Blend Lettuce Baby Carrots Cauliflower Florets Assorted Fresh Fruit Assorted Canned Fruit	Romanine Blend Lettuce Baby Carrots Fresh Snap Peas Assorted Fresh Fruit Assorted Canned Fruit

**Questions or Comments? Please contact Lauri Grace Food Service Director at Igrace@fowerschools.net
USDA is an equal opportunity provider and employer**

Go to www.sendmoneytoschool.com to check meal balances or make deposits.

