







Fowler High School Lunch Menu February 2 – February 6, 2015

A full student lunch includes a choice of entrée supplying protein and grain, 2 vegetable side dishes, 2 fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate or strawberry.

A cold fruit & vegetable bar is available daily on which we feature assorted chilled & fresh fruits in season, dark leafy greens, legumes, & assorted red/orange, dark green, and other varieties of vegetables. We encourage students to try these nutritious foods and support our local farmers!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
	The Main Lunch line is full of some of your favorites or new recipes you should give a try. If you aren't sure about a new recipe, ask for a sample!				
	Beef Macho Nachos w/ Cinnamon Stick & Refried Beans	Sweet & Sour Popcorn Chicken	Macaroni & Cheese	Open Faced Hot Turkey Sandwich	Cheese Quesadilla & Salsa
	Available Daily: Cheese Pizza on Chartwells Whole Grain Pizza Crust				
	Pepperoni Pizza Buffalo Chicken Pizza	Pepperoni Pizza Meat Lovers Pizza	Pepperoni Pizza Chicken Parmesan Pizza	Pepperoni Pizza Cheeseburger Pizza	Pepperoni Pizza Supreme Pizza
	For a Grab and Go type hot meal, check out the Hot Sandwich slide in this Grab a Stack location. Hot vegetable also available!				
	WG Cheese Filled Bosco Breadstick Tomato Dipping Sauce Popcorn Chicken w/ Breadstick	Mini Corn Dogs Alpine Swiss Burger	WG Cheese Filled Bosco Breadstick Tomato Dipping Sauce Popcorn Chicken w/ Breadstick	Mini Corn Dogs South of the Border Burger	WG Cheese Filled Bosco Breadstick Tomato Dipping Sauce Popcorn Chicken w/ Breadstick
	Available Daily: Grab & Go packaged meals from the cooler, for those days you are in a hurry!				
	Breaded Chicken Caesar WG Wrap	Breaded Chicken Caesar WG Wrap	Breaded Chicken Caesar WG Wrap	Breaded Chicken Caesar WG Wrap	Breaded Chicken Caesar WG Wrap
Featured Fruit/Veg Bar Selections	Baby Carrots Red Delicious Apple Fruit Cocktail	Fresh Celery Sticks Fresh Broccoli Florets Assorted Fruit Juice Chilled Applesauce	Baby Carrots Cucumber Coins Red Delicious Apple Mandarin Oranges	Fresh Peas Cauliflower Florets Fresh Orange Chilled Applesauce	Baby Carrots Cucumber Coins Red Delicious Apple Mandarin Oranges

School Foodservice Information Price: \$2.80 full paid, \$0.40 reduced*, free* (*if qualified)

Chartwells Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school. Our Guidelines:

*Provide more deeply colored, nutrient dense, & fiber rich fruits & vegetables, such as sweet

potatoes, spinach, peaches, broccoli, & beans *Provide more whole grain foods, such as brown rice & whole wheat

*Encourage lean proteins including vegetarian & plant based *Reduce unhealthy fats, sodium, & sugar *Continue Chartwells'

dedication to earth & community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, & locally grown produce

To learn more about Chartwells go to www.EatLearnLive.com

Go to MyPlate.gov for online personal wellness resources for you and your family.

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Questions or comments? Please email Michael Wensel, Director of Dining at atwenselm@fowerschools.net

This Month's Food Focus is Dairy: Choose low-fat and fat-free dairy foods for all the health benefits and less unhealthy saturated fats. Try to get three to four servings of dairy a day. Milk can be a great exercise recovery drink because it has carbohydrates to refuel, protein for muscle building, and fluid and electrolytes for rehydration. If you're lactose intolerant, you may still be able to eat a variety of dairy foods to benefit from its bone-building calcium- including easier-to-digest foods like yogurt with active cultures, certain cheeses, as well as lactose-free milk