



# Fowler High School

## April 1st - April 5th

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
create	Cheese Quesadilla Chips & Salsa Refried Beans	Pancakes & Sausage Egg Patty Hashbrown	Chicken Alfredo Over Pasta Garlic Breadstick Broccoli	General Tso's Chicken Over Rice Fortune Cookie Carrots	Breaded Chicken Drumstick With Biscuit  Mashed Potatoes
AMERICAN CLASSICS	Popcorn Chicken Chicken Sandwich  Refried Beans	Popcorn Chicken Mini Corn Dogs  Hashbrown	Popcorn Chicken Mozzerella Sticks W Sauce  Broccoli	Popcorn Chicken Cheeseburger  Carrots	Popcorn Chicken Spicy Chicken Sandwich  Mashed Potatoes
	Available Daily: Pepperoni & Cheese Pizza on Whole Grain Crust				
	Pepperoni & Cheese Pizza	Pepperoni & Cheese Pizza	Pepperoni & Cheese Pizza	Pepperoni & Cheese Pizza	Pepperoni & Cheese Pizza
SO DELI	Build Your Own Salad Bar	Build Your Own Salad Bar	Build Your Own Salad Bar	Build Your Own Salad Bar	Build Your Own Salad Bar
extra extra	Romaine Blend Lettuce Baby Carrots Assorted Fresh Veggies & Fruits Assorted Canned Fruit Dinner Roll	Romaine Blend Lettuce Red Peppers Assorted Fresh Veggies & Fruits Assorted Canned Fruit Dinner Roll	Romaine Blend Lettuce Baby Carrots Assorted Fresh Veggies & Fruits Assorted Canned Fruit Dinner Roll	Romaine Blend Lettuce Cucumbers Assorted Fresh Veggies & Fruits Assorted Canned Fruit Dinner Roll	Romaine Blend Lettuce Baby Carrots Assorted Fresh Veggies & Fruits Assorted Canned Fruit Dinner Roll

Questions or Comments? Please contact Jessica Anthony Food Service Director at [Janthony@fowlerschools.net](mailto:Janthony@fowlerschools.net) (989)587-5100  
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