

FOWLER ELEMENTARY SCHOOL DISTRICT #45



K-8 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Nutri-Grain Bar & Cheese
Orange Juice
Pineapple Bowl
Lunch
Chicken Corn Dog
Sweet, Buttered Corn
Cinnamon Apple Slices

2
Golden Grahams
Apple Juice
Craisins
Lunch
Nachos w/ Cheese
Pinto Beans
Applesauce

3
Ultra Cake Round
Grape Juice
Tropical Mixed Fruit
Lunch
Orange Chicken & Rice
Steamed Broccoli
Mixed Fruit w/ Grapes


4
Mini Cinnamon Rolls
Fruit Punch
Mandarin Oranges
Lunch
Turkey-Ham & Cheese Sand
Green Beans
Chilled Strawberry Cup

5
Banana Bread
Orange Juice
Pineapple
Lunch
BBQ Pulled Pork Sandwich
French Fries
100% Juice Fruit Slush

8
Apple Jacks & Cheese Stick
Apple Juice
Craisin Variety
Lunch
Two Cheese Quesadilla
Refried Beans & Salsa
Crisp Apple Chips

9
Bagel & Cream Cheese
Orange Juice
Apricot Cup
Lunch
Chicken Alfredo Pasta
Broccoli
Mixed Fruit

10
Chocolate & Oatmeal Bar
Grape Juice
Mandarin Oranges
Lunch
Pepperoni Pizza
Veggie Sticks & Ranch
Warm Apple Crumble

11
NO SCHOOL


12
NO SCHOOL

15
Strawberry Pop-Tart
Orange Juice
Mixed Fruit Cup
Lunch
Bean & Cheese Nacho Lil'
Bites
4 Way Mixed Vegetables
Blueberries

16
Mini Glazed Donut Bites
Fruit Punch
Pineapple
Lunch
Chili con Carne & Beans
Warm Cornbread
Broccoli
Mango & Tajin

17
Cocoa Puffs Cereal
Apple Cherry Juice
Mandarin Oranges
Thanksgiving Meal
Turkey, Mashed Potato,
Green Beans, Hawaiian Roll,
Apple Juice & Turkey Shaped
Sugar Cookie

18
Mini Blueberry Pancakes
Grape Juice
Applesauce
Lunch
Cheeseburger
Buttered Corn
Fresh Grapes

19
Chocolate Chip Muffin
Apple Juice
Diced Pears
Lunch
Turkey Shaped Chicken
Nuggets & Breadstick
Potato Smiles
Peach Cobbler

22 23 24 25 26
 **No School: Thanksgiving Break** 

29
Cereal Variety
Grape Juice
Craisins
Lunch
Bean & Cheese Burrito
Corn
Diced Peaches

30
Mini Cheese Stuffed Bagels
Orange Juice
Tropical Fruit Bowl
Lunch
Beefy Mac & Breadstick
Mixed Vegetables
Fresh Orange Wedges



Call Viviana Suarez for details
623.707.2060
or visit
www.fesd.org



This institution is an equal opportunity provider.
Contact us with any questions driley@fesd.org or 623.707.2059
Menu items may change due to availability.

Milk variety offered daily with all meals!

