

# FOWLER ELEMENTARY SCHOOL DISTRICT #45



## PK MENU

### MONDAY

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

### TUESDAY

2  
Egg & Cheese Sandwich  
Apple Juice  
Craisins  
Lunch  
Nachos w/ Cheese  
Pinto Beans  
Applesauce

### WEDNESDAY

3  
Hard Boiled Egg & Grahams  
Grape Juice  
Tropical Mixed Fruit  
Lunch  
Orange Chicken & Rice  
Steamed Broccoli  
Mixed Fruit w/ Grapes

### THURSDAY

4  
Go-Gurt & Honey Crackers  
Fruit Punch  
Mandarin Oranges  
Lunch  
Turkey-Ham & Cheese Sand  
Green Beans  
Chilled Strawberry Cup

### FRIDAY

5  
Banana Bread  
Orange Juice  
Pineapple  
Lunch  
BBQ Chicken Sandwich  
French Fries  
Chilled Blueberries

8

Kix Cereal & Cheese Stick  
Apple Juice  
Craisin Variety  
Lunch  
Two Cheese Quesadilla  
Refried Beans  
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  
Cheese Pizza  
Carroteenies & Ranch  
Warm Apple Crumble

11

NO SCHOOL



12

NO SCHOOL

15

Zucchini Bread  
Orange Juice  
Mixed Fruit Cup  
Lunch  
Grilled Cheese Sandwich  
4 Way Mixed Vegetables  
Blueberries

16

Hard Boiled Egg  
Fruit Punch & Crackers  
Pineapple  
Lunch  
Chili con Carne & Beans  
Warm Cornbread  
Broccoli  
Mango

17

Kix or Cheerios  
Apple Cherry Juice  
Mandarin Oranges  
Thanksgiving Meal  
Turkey, Mashed Potato,  
Green Beans, Hawaiian Roll,  
Apple Juice & Turkey Shaped  
Sugar Cookie

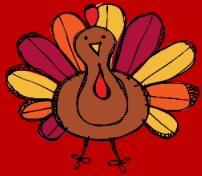
18

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

19

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

22



23

**No School: Thanksgiving Break**

24

25

26



29

Cheerios  
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](http://www.fesd.org)



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

1% White Milk served  
daily with all meals!

