

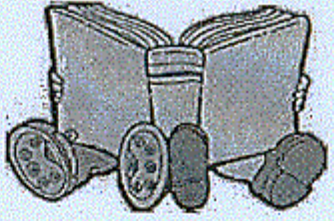


Federal Way Public Schools Breakfast Menu September 2009

Menu subject to change due to availability and food preference. Federal Way Public School WEB site <http://www.fwps.org>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>WELCOME BACK TO SCHOOL!</p>	<p>1</p> 	<p>2</p>	<p>3</p> <p>No Breakfast Served</p>	<p>4</p> <p>Picnic Breakfast Cereal Nutritious Snack 100% Fruit Juice Chilled Milk</p>
<p>7</p> <p>No School</p> 	<p>8</p> <p>Buttermilk Bar 100% Juice Chilled Milk</p> <p>NO CEREAL</p>	<p>9</p> <p>String Cheese Cereal 100% Fruit Juice Chilled Milk</p>	<p>10</p> <p>Mini Pancakes Syrup Cereal 100% Fruit Juice Chilled Milk</p>	<p>11</p> <p>Peanut Butter and Jelly Bar Applesauce Chilled Milk</p> <p>NO CEREAL</p>
<p>14</p> <p>Hot Pocket 100% Fruit Juice Chilled Milk</p> <p>NO CEREAL</p>	<p>15</p> <p>French Toast Sticks Syrup Cereal 100% Fruit Juice Chilled Milk</p>	<p>16</p> <p>Blueberry Muffin Cereal 100% Fruit Juice Chilled Milk</p>	<p>17</p> <p>Waffles Syrup Cereal 100% Fruit Juice Chilled Milk</p>	<p>18</p> <p>Flavored Yogurt Cereal 100% Fruit Juice Chilled Milk</p>
<p>21</p> <p>Peanut Butter and Jelly Bar Cherries Chilled Milk</p> <p>NO CEREAL</p>	<p>22</p> <p>Mini Pancakes Syrup Cereal 100% Fruit Juice Chilled Milk</p>	<p>23</p> <p>Eggs and Tator Tots Cereal Chilled Milk</p> <p>NO JUICE</p>	<p>24</p> <p>Buttermilk Bar 100% Juice Chilled Milk</p> <p>NO CEREAL</p>	<p>25</p> <p>Hot Pocket 100% Fruit Juice Chilled Milk</p> <p>NO CEREAL</p>
<p>28</p> <p>String Cheese Cereal 100% Fruit Juice Chilled Milk</p>	<p>29</p> <p>Pop Tart Cereal 100% Fruit Juice Chilled Milk</p>	<p>30</p> <p>Flavored Yogurt Cereal 100% Fruit Juice Chilled Milk</p>		

Please be aware that all foods prepared and served may contain or be in close proximity to products containing known allergens (such as peanuts.) Federal Way Public Schools Nutrition Services is an equal opportunity provider