

Lunch Prices:
Milk: \$0.60
Adult Meal: \$4.75

FWPS 6-12 LUNCH MENU

November 2021



Monday	Tuesday	Wednesday	Thursday	Friday	
<p>1</p> <p style="text-align: center;">Chicken Nuggets <u>Choice of</u> Tater Tots Broccoli w/ Ranch Raisins Watermelon Applesauce</p>	<p>2</p> <p style="text-align: center;">Chicken Teriyaki <u>Choice of</u> Cucumber w/ Ranch Green Beans Banana Frozen Mixed Berries</p> <p style="text-align: center; color: green;"><i>Vegetarian Option Available</i></p>	<p>3</p> <p style="text-align: center;">Pasta w/ Meatball Marinara <u>Choice of</u> Cherry Tomatoes/Ranch Chickpea Salad Orange Frozen Peaches</p> <p style="text-align: center; color: green;"><i>Vegetarian Option Available</i></p>	<p>4</p> <p>NO SCHOOL</p>	<p>5</p> <p>NO SCHOOL</p>	<p>Mondays Only Turkey Sandwich Turkey Ham Sandwich Combo Sandwich Cheese Sandwich</p> <p>Offered Daily</p> <p><u>Burgers</u> Chicken Burger Spicy Chicken Burger Beef Hamburger Beef Cheese Burger <i>Veggie Burger</i></p> <p><u>Pizza:</u> <i>Cheese Pizza</i> <i>Pepperoni Pizza</i></p> <p><u>Vegetable</u> Carrots</p> <p><u>Milk</u> 1% Milk, Fat Free Chocolate, Lactose Free Milk</p> <p><u>Mondays Only</u> <u>Deli Sandwiches</u> (Turkey, Turkey Ham, Com- bo, or <i>Vegetarian</i>)</p> <p style="text-align: center;">No Products on this menu contain pork</p> <div style="text-align: center; border: 2px dotted blue; border-radius: 50%; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Key: <i>Vegetarian</i> <i>New Item</i></p> </div>
<p>8</p> <p style="text-align: center; color: green;"><i>Cheesy Breadsticks w/ Marinara</i> <u>Choice of</u> Jicama Sticks Celery w/ Ranch Raisins Watermelon Applesauce</p>	<p>9</p> <p style="text-align: center;">Beef & Broccoli Bowl <u>Choice of</u> Cucumber w/ Ranch Broccoli Normandy Banana Frozen Mixed Berries</p> <p style="text-align: center; color: green;"><i>Vegetarian Option Available</i></p>	<p>10</p> <p style="text-align: center;">Beef Burrito <u>Choice of</u> Cherry Tomatoes/Ranch Zesty Pinto Beans Orange Frozen Peaches</p> <p style="text-align: center; color: green;"><i>Vegetarian Option Available</i></p>	<p>11</p> <p>NO SCHOOL</p>	<p>12</p> <p style="text-align: center; color: green;"><i>Mini Cheese Calzones w/ Marinara Sauce</i> <u>Choice of</u> Broccoli w/ Ranch Zucchini Coins Assorted Fruit</p>	
<p>15</p> <p style="text-align: center;">Popcorn Chicken Bowl <u>Choice of</u> Mashed Potatoes Steamed Corn Raisins Watermelon Applesauce</p> <p style="text-align: center; color: green;"><i>Vegetarian Option Available</i></p>	<p>16</p> <p style="text-align: center;">Sweet Chili Thai Chicken <u>Choice of</u> Cucumber w/ Ranch Asian Blend Vegetables Banana Frozen Mixed Berries</p> <p style="text-align: center; color: green;"><i>Vegetarian Option Available</i></p>	<p>17</p> <p style="text-align: center;">Three Sisters Stew <u>Choice of</u> Cherry Tomatoes/Ranch Steamed Corn Orange Frozen Peaches</p>	<p>18</p> <p style="text-align: center;">Chicken Taco Bowl <u>Choice of</u> Pinto Beans Zucchini Coins Sliced Apples Fruit Cup</p> <p style="text-align: center; color: green;"><i>Vegetarian Option Available</i></p>	<p>19</p> <p style="text-align: center;">Oven Fried Chicken Strips w/ Mac n Cheese <u>Choice of</u> Broccoli w/ Ranch BBQ Baked Beans Assorted Fruit</p> <p style="text-align: center; color: green;"><i>Vegetarian Option Available</i></p>	
<p>22</p> <p style="text-align: center;">BBQ Chicken Sandwich <u>Choice of</u> Tater Tots Jalapeno Coleslaw Raisins Watermelon Applesauce</p>	<p>23</p> <p style="text-align: center;">Mandarin Orange Chicken <u>Choice of</u> Cucumber w/ Ranch Steamed Broccoli Banana Frozen Mixed Berries</p> <p style="text-align: center; color: green;"><i>Vegetarian Option Available</i></p>	<p>24</p> <p style="text-align: center;">Beef Gyro <u>Choice of</u> Roasted Red Peppers/Onions Three Bean Salad Orange Frozen Peaches</p>	<p>25</p> <p>NO SCHOOL</p>	<p>26</p> <p>NO SCHOOL</p>	
<p>29</p> <p style="text-align: center;">Chicken Corndog <u>Choice of</u> French Fries Coleslaw Raisins Watermelon Applesauce</p>	<p>30</p> <p style="text-align: center;">Sweet & Sour Chicken <u>Choice of</u> Cucumber w/ Ranch Green Beans Banana Frozen Mixed Berries</p> <p style="text-align: center; color: green;"><i>Vegetarian Option Available</i></p>				

Federal Way Public Schools Nutrition Services is an equal opportunity provider. Menu is subject to change. Scholar must take 3 of the 5 components offered. One (1) must be 1/2 cup fruit and/or vegetable. Pre-school scholars receive juice once per day and 1% plain milk is served daily. All foods served in our schools may contain or be prepared in close proximity to products containing known allergens.