# K-5 LUNCH MENU
## February 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<td><strong>3</strong></td>
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<tr>
<td>Chicken Corndog or Cheesy Quesadilla Choice of Jicama Sticks Celery w/Ranch Fresh Pears Mixed Berries</td>
<td>Lemon Chicken w/ Brown Rice or Cheese Pizza Choice of Cucumber Coins/Ranch Crunchy Carrots Fresh Apples Raisins</td>
<td>Popcorn Chicken w/ Peas &amp; Carrots or Grilled Cheese Sandwich Choice of Cucumber Coins/Ranch Sliced Green Peppers Kiwi Cinnamon Applesauce</td>
<td>Cheesy Breadsticks w/Marinara Cups or Bean &amp; Cheese Burrito Choice of Cherry Tomatoes/Ranch Sliced Green Peppers Kiwi Cinnamon Applesauce</td>
<td>Mini Cheeseburger Sliders or Yogurt Pack Choice of Green Salad w/ Ranch Crunchy Carrots Sliced Oranges Assorted Fruit</td>
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<td>Garlic Cheese Rippers w/Marinara or Cheesy Quesadilla Choice of Jicama Sticks Celery w/Ranch Fresh Pears Mixed Berries</td>
<td>Beef Burrito or Cheese Pizza Choice of Cucumber Coins/Ranch Crunchy Carrots Fresh Apples Raisins</td>
<td>Brunch for Lunch Turkey Patty, Tater Tots &amp; Coffee Cake or Grilled Cheese Sandwich Choice of Cherry Tomatoes/Ranch Sliced Green Peppers Kiwi &amp; Cinnamon Applesauce</td>
<td>Turkey Pizza or Bean &amp; Cheese Burrito Choice of Three Bean Salad Zucchini Coins Fresh Banana Frozen Strawberries</td>
<td>Mini Corndogs w/Tater Tots or Yogurt Pack Choice of Zucchini Coins Crunchy Carrots Sliced Oranges Assorted Fruit</td>
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<td>NO SCHOOL</td>
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<td>Nacho Bites or Cheese Pizza Choice of Jicama Sticks Crunchy Carrots Fresh Apples Raisins</td>
<td>Chicken Nuggets w/French Fries &amp; Roll or Grilled Cheese Sandwich Choice of Cherry Tomatoes/Ranch Sliced Green Peppers Kiwi Cinnamon Applesauce</td>
<td>Beef Hamburger w/Tater Tots or Bean &amp; Cheese Burrito Choice of Three Bean Salad Zucchini Coins Fresh Banana Frozen Strawberries</td>
<td>Cheese Ravioli in Marinara or Yogurt Pack Choice of Green Salad w/Ranch Crunchy Carrots Sliced Oranges Assorted Fruit</td>
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<td>Chicken Waffle Sandwich or Cheesy Quesadilla Choice of Jicama Sticks Celery w/Ranch Fresh Pears Mixed Berries</td>
<td>Hummus Pack or Cheese Pizza Choice of Cucumber Coins/Ranch Crunchy Carrots Fresh Apples Raisins</td>
<td>Beef Teriyaki Dippers w/Brown Rice or Grilled Cheese Sandwich Choice of Cherry Tomatoes/Ranch Sliced Green Peppers Kiwi Cinnamon Applesauce</td>
<td>Chicken Burger w/Green Beans or Bean &amp; Cheese Burrito Choice of Three Bean Salad Zucchini Coins Fresh Banana Frozen Strawberries</td>
<td>Turkey &amp; Cheese Ripper or Yogurt Pack Choice of Green Salad w/Ranch Crunchy Carrots Sliced Oranges Assorted Fruit Mini Rice Krispy Treat</td>
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**Offered Daily:**
- 1% Plain and Fat Free Chocolate Milk
- 100% Fruit Juice
- Daily Salads
  - All salads vegetarian upon request

**Monday**
- Zesty Chicken With Cilantro Lime Dressing
**Tuesday**
- Chicken Caesar Salad
**Wednesday**
- Loaded Garden Salad w/Sesame Ginger Vinaigrette
**Thursday**
- Beef Fiesta Taco w/ Ranch Dressing
**Friday**
- Good Fortune Chicken Salad w/Celery Seed dressing

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**No items on this menu contain Pork**

**Key:**
- Vegetarian
- New Item

**Additional Information**

To apply for Free & Reduced Lunches or add money to your scholars account visit [www.fwps.org/lunchapplication](http://www.fwps.org/lunchapplication)
Or call Nutrition Services at 253-945-5555

Federal Way Public Schools Nutrition Services is an equal opportunity provider. Menu 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 one juice per day. 1% plain white milk is served daily. All foods served in our schools may contain or be prepared in close proximity to products containing known allergens.

**Lunch Prices**
- Scholar: $3.00
- Adult: $4.25
- Milk: $0.60