## K-5 LUNCH MENU
March 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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</tbody>
</table>
| Beef Burrito or Cheesy Quesadilla  
Choice of Jicama Sticks  
Celer w/Ranch  
Fresh Pears  
Mixed Berries | Teriyaki Chicken w/ Brown Rice or Cheese Pizza  
Choice of Cucumber Coins/Ranch  
Crunchy Carrots  
Fresh Apples  
Raisins | Chicken Nuggets w/ French Fries & Roll or Grilled Cheese Sandwich  
Choice of Cherry Tomatoes/Ranch  
Sliced Green Peppers  
Kiwi  
Cinnamon Applesauce | Turkey Pizza or Bean & Cheese Burrito  
Choice of Three Bean Salad  
Zucchini Coins  
Fresh Banana  
Frozen Strawberries | Garlic Cheese Rippers w/ Marinara Cups or Yogurt Pack  
Choice of Green Salad w/ Ranch  
Crunchy Carrots  
Sliced Oranges  
Assorted Fruit |
| 9      | 10      | 11        | 12       | 13     |
| Chicken Corndog or Cheesy Quesadilla  
Choice of Jicama Sticks  
Celer w/Ranch  
Fresh Pears  
Mixed Berries | Lemon Chicken w/ Brown Rice or Cheese Pizza  
Choice of Cucumber Coins/Ranch  
Crunchy Carrots  
Fresh Apples  
Raisins | Popcorn Chicken w/ Peas & Carrots or Grilled Cheese Sandwich  
Choice of Cherry Tomatoes/Ranch  
Sliced Green Peppers  
Kiwi  
Cinnamon Applesauce | Cheese Ravioli in Marinara or Bean & Cheese Burrito  
Choice of Three Bean Salad  
Zucchini Coins  
Fresh Banana  
Frozen Strawberries | Beef Hamburger w/ Tater Tots or Yogurt Pack  
Choice of Green Salad w/ Ranch  
Crunchy Carrots  
Sliced Oranges  
Assorted Fruit |
| 16     | 17      | 18        | 19       | 20     |
| Chicken Waffle Sandwich or Cheesy Quesadilla  
Choice of Jicama Sticks  
Celer w/Ranch  
Fresh Pears  
Mixed Berries | Hummus Pack or Cheese Pizza  
Choice of Green Salad w/ Ranch  
Crunchy Carrots  
Fresh Apples  
Raisins | Brunch for Lunch  
Turkey Patty, Egg Patty, Tater Tots & Coffee Cake or Grilled Cheese Sandwich  
Choice of Cherry Tomatoes/Ranch  
Three Bean Salad  
Kiwi and Cinnamon Applesauce | NO SCHOOL | NO SCHOOL |
| 23     | 24      | 25        | 26       | 27     |
| Mini Cheeseburger Sliders or Cheesy Quesadilla  
Choice of Jicama Sticks  
Celer w/Ranch  
Fresh Pears  
Raisins | Beef Teriyaki Dippers w/ Brown Rice or Cheese Pizza  
Choice of Cucumber Coins/Ranch  
Crunchy Carrots  
Fresh Apples  
Mixed Berries | Chicken Burger w/ Green Beans or Grilled Cheese Sandwich  
Choice of Cherry Tomatoes/Ranch  
Sliced Green Peppers  
Kiwi  
Cinnamon Applesauce | Cheesy Breadstix w/ Marinara Cups or Bean & Cheese Burrito  
Choice of Three Bean Salad  
Zucchini Coins  
Fresh Banana  
Frozen Strawberries | Macaroni and Cheese w/ Mini Corndogs or Yogurt Pack  
Choice of Green Salad w/ Ranch  
Crunchy Carrots  
Sliced Oranges  
Assorted Fruit |
| 30     | 31      |           |          |        |
| Nacho Bites or Cheesy Quesadilla  
Choice of Jicama Sticks  
Celer w/Ranch  
Fresh Pears  
Mixed Berries | Turkey Cheese Rippers or Cheese Pizza  
Choice of Cucumber Coins/Ranch  
Crunchy Carrots  
Fresh Apples  
Raisins  
Mini Rice Krispy Treat | | | |

### Offered Daily:
- 1% Plain and Fat Free Chocolate Milk
- 100% Fruit Juice

### Daily Salads
All salads vegetarian upon request

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<tr>
<td>Zesty Chicken With Cilantro Lime Dressing</td>
<td>Chicken Caesar Salad</td>
<td>Beef Fiesta Taco w/ Ranch Dressing</td>
<td>Good Fortune Chicken Salad w/ Celery Seed dressing</td>
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### Additional Information
To apply for Free & Reduced Lunches or add money to your scholar's account visit [www.fwps.org/lunchapplication](http://www.fwps.org/lunchapplication)
Or call Nutrition Services at 253-945-5555

<table>
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<tr>
<td>Scholar: $3.00</td>
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<tr>
<td>Adult: $4.25</td>
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<td>Milk: $0.60</td>
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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.