

January K-12 Menu

Wednesday	Thursday	Friday	Monday	Tuesday	Key
<p>6 Microwave Kit <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Chicken Waffle Sandwich Cheese Stick Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Yogurt, Crackers, Cheese Stick Fruit (x2)</p>	<p>7 Microwave Kit <u>Breakfast</u> Zee Zee Breakfast Bar Juice <u>Lunch</u> Turkey Deli Sandwich Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Zee Zee Breakfast Bar Juice <u>Lunch</u> Bagel & Hummus Spread Fruit (x2)</p>	<p>8 Microwave Kit <u>Breakfast</u> Oatmeal Juice <u>Lunch</u> Mini Cheeseburger Sliders Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Oatmeal Juice <u>Lunch</u> Cheese Sandwich Fruit (x2)</p>	<p>11 Microwave Kit <u>Breakfast</u> Classic Breakfast & Cereal Juice <u>Lunch</u> Chicken Nuggets w/ Roll Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Mini Cinnis Juice <u>Lunch</u> Pretzel and Cheese Dip Fruit (x2)</p>	<p>12 Microwave Kit <u>Breakfast</u> Turkey Breakfast Pizza Juice <u>Lunch</u> Chicken Burger w/ Bun Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Breakfast Bar Juice <u>Lunch</u> Soybutter & Jelly Sandwich Fruit (x2)</p>	<p>Microwave Kit Entrée's require cooking. Instructions are included with meal kit. Vegetarian entrée's are listed in green</p> <p>Ready-To-Eat Kit All items in this meal kit do not require cooking. Vegetarian entrée's are listed in green</p>  <p>1 % Plain Milk (gallons) will be available weekly.</p>
<p>13 Microwave Kit <u>Breakfast</u> Cereal Juice <u>Lunch</u> Cheesy Garlic Bread Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Yogurt, Crackers, Cheese Stick Fruit (x2)</p>	<p>14 Microwave Kit <u>Breakfast</u> PopTart Juice <u>Lunch</u> Cheese Pizza Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> PopTart Juice <u>Lunch</u> Bagel & Sunbutter Spread Fruit (x2)</p>	<p>15 Microwave Kit <u>Breakfast</u> Glazed French Toast Juice <u>Lunch</u> Nacho Bites Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Strawberry Bagels Juice <u>Lunch</u> Cheese Sandwich Fruit (x2)</p>	<p>18 Microwave Kit <u>Breakfast</u> Breakfast Bagels Juice <u>Lunch</u> Cheese Quesadilla Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Yogurt & Granola Juice <u>Lunch</u> Cheese Pizza Anytimers Fruit (x2)</p>	<p>19 Microwave Kit <u>Breakfast</u> Blueberry Oatmeal Juice <u>Lunch</u> Bean & Cheese Burrito Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Buttermilk Bar Juice <u>Lunch</u> Soybutter & Jelly Sandwich Fruit (x2)</p>	
<p>20 Microwave Kit <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Chicken Corndog Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Yogurt, Crackers, Cheese Stick Fruit (x2)</p>	<p>21 Microwave Kit <u>Breakfast</u> Zee Zee Breakfast Bar Juice <u>Lunch</u> Turkey Deli Sandwich Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Poptart Juice <u>Lunch</u> Bagel & Hummus Spread Fruit (x2)</p>	<p>22 Microwave Kit <u>Breakfast</u> Oatmeal Juice <u>Lunch</u> Mini Cheeseburger Sliders Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Oatmeal Juice <u>Lunch</u> Cheese Sandwich Fruit (x2)</p>	<p>25 Microwave Kit <u>Breakfast</u> Breakfast Sandwich Juice <u>Lunch</u> Popcorn Chicken w/ Roll Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Breakfast Donut Juice <u>Lunch</u> Pretzel and Cheese Dip Fruit (x2)</p>	<p>26 Microwave Kit <u>Breakfast</u> Turkey Breakfast Pizza Juice <u>Lunch</u> Asian Chicken w/ Rice Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Breakfast Bar Juice <u>Lunch</u> Soybutter & Jelly Sandwich Fruit (x2)</p>	
<p>27 Microwave Kit <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Mini Cheese Calzones Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Yogurt, Crackers, Cheese Stick Fruit (x2)</p>	<p>28 Microwave Kit <u>Breakfast</u> PopTart Juice <u>Lunch</u> Mozzarella Cheese Wheel Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Poptart Juice <u>Lunch</u> Bagel & Sunbutter Spread Fruit (x2)</p>	<p>29 Microwave Kit <u>Breakfast</u> French Toast Sticks Juice <u>Lunch</u> Cheese Pizza Bagels Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Strawberry Bagels Juice <u>Lunch</u> Cheese Sandwich Fruit (x2)</p>	<p>Feb 1 Microwave Kit <u>Breakfast</u> Cheese Omelet w/ Bun Juice <u>Lunch</u> Grilled Cheese Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Yogurt & Granola Juice <u>Lunch</u> Cheese Pizza Anytimers Fruit (x2)</p>	<p>Feb 2 Microwave Kit <u>Breakfast</u> Breakfast Wrap Juice <u>Lunch</u> Bean & Cheese Burrito Fruit (x2)</p> <p>Ready-To-Eat Kit <u>Breakfast</u> Buttermilk Bar Juice <u>Lunch</u> Soybutter & Jelly Sandwich Fruit (x2)</p>	

Federal Way Public Schools Nutrition Services is an equal opportunity provider.

Scholar must select one (1) shelf stable meal kit and one (1) frozen/microwavable or ready-to-eat meal kit. 1% low fat plain milk will be offered with both meal kits.

All foods served may contain or be prepared in close proximity to products containing known allergens.

It is recommended by the Department of Health that all fresh fruit in meal kits should be washed prior to consumption to prevent foodborne illness.

Menu is subject to change.