

	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
3	<b>Microwave Kit</b> <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> BBQ Chicken Drumstick Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Yogurt, Crackers, Cheese Stick Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Zee Zee Breakfast Bar Juice <u>Lunch</u> Beef Hamburger Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Zee Zee Breakfast Bar Juice <u>Lunch</u> Bagel & Hummus Spread Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Oatmeal Juice <u>Lunch</u> Chicken Nuggets & Tater Tots w/ Roll Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Oatmeal & Juice Juice <u>Lunch</u> Cheese Sandwich Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> PopTart Juice <u>Lunch</u> Baked Ziti Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> PopTart Juice <u>Lunch</u> Bagel & Chocolate Spread Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Chicken & Waffle Sandwich Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Cereal (x2) & Juice Juice <u>Lunch</u> Soybutter & Jelly Sandwich Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Mini Strawberry Bagels Juice <u>Lunch</u> Cajun Chicken Burger Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Mini Strawberry Bagels Juice <u>Lunch</u> Pasta Salad Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Breakfast Sandwich Juice <u>Lunch</u> Asian Chicken w/ Rice Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Breakfast Bar & Juice Juice <u>Lunch</u> Soybutter & Jelly Sandwich Fruit (x2)
10	<b>Microwave Kit</b> <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Cheese Pizza Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Yogurt, Crackers, Cheese Stick Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> PopTart Juice <u>Lunch</u> Bean & Cheese Burrito Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> PopTart Juice <u>Lunch</u> Bagel & Chocolate Spread Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Breakfast Wrap Juice <u>Lunch</u> Cheese Quesadilla Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Mini Cinni Juice <u>Lunch</u> Cheese Sandwich Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Zee Zee Breakfast Bar Juice <u>Lunch</u> Red Beans & Rice Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Zee Zee Breakfast Bar Juice <u>Lunch</u> Bagel & Hummus Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Cheese Pizza Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Edamame & Corn Salad w/ Roll Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> French Toast Sticks Juice <u>Lunch</u> Nacho Bites Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Yogurt & Granola Juice <u>Lunch</u> Cheese Pizza Anytimers Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Mini Cinni Juice <u>Lunch</u> Cheesy Breadsticks Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Breakfast Donut Juice <u>Lunch</u> Soybutter & Jelly Sandwich Fruit (x2)
17	<b>Microwave Kit</b> <u>Breakfast</u> Cereal Juice <u>Lunch</u> Mini Cheeseburger Sliders Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Yogurt, Crackers, Cheese Stick Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Zee Zee Breakfast Bar Juice <u>Lunch</u> Chicken Burger Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Zee Zee Breakfast Bar Juice <u>Lunch</u> Bagel & Hummus Spread Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Oatmeal Juice <u>Lunch</u> Beef Teriyaki Dippers Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Oatmeal Juice <u>Lunch</u> Cheese Sandwich Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> PopTart Juice <u>Lunch</u> Beef Pepperoni Pizza Bagels Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> PopTart Juice <u>Lunch</u> Yogurt, Crackers, Cheese Stick Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Turkey & Cheese Sandwich Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Soybutter & Jelly Sandwich Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Classic Breakfast w/ Cereal Juice <u>Lunch</u> Popcorn Chicken w/ Roll Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Mini Strawberry Bagels Juice <u>Lunch</u> Pasta Salad Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Breakfast Burrito Juice <u>Lunch</u> Meatball Sandwich Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Buttermilk Bar Juice <u>Lunch</u> Soybutter & Jelly Sandwich Fruit (x2)
24	<b>Microwave Kit</b> <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Cheese Quesadilla Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Yogurt, Crackers, Cheese Stick Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> PopTart Juice <u>Lunch</u> Bean & Cheese Burrito Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> PopTart Juice <u>Lunch</u> Sunbutter & Chocolate Spread Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Breakfast Pizza Bagel Juice <u>Lunch</u> Mozzarella Cheese Pinwheel Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Strawberry Bagels Juice <u>Lunch</u> Cheese Sandwich Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Zee Zee Breakfast Bar Juice <u>Lunch</u> Cheese Quesadilla Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Zee Zee Breakfast Bar Juice <u>Lunch</u> Soybutter & Jelly Sandwich Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Cheese Pizza Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Cereal (x2) Juice <u>Lunch</u> Edamame & Corn Salad Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Glazed French Toast Juice <u>Lunch</u> Mini Cheese Calzones Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Yogurt & Granola Juice <u>Lunch</u> Cheese Pizza Anytimers Fruit (x2)	<b>Microwave Kit</b> <u>Breakfast</u> Cheese Omelet w/ Bun Juice <u>Lunch</u> Cheese Pizza Fruit (x2) <b>Ready-To-Eat Kit</b> <u>Breakfast</u> Breakfast Bar Juice <u>Lunch</u> Soybutter & Jelly Sandwich Fruit (x2)

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

1% Plain Milk (gallons) will be available weekly. Scholar must select one (1) shelf stable meal kit and one (1) frozen/microwavable or ready-to-eat meal kit.  
 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.