

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>DON'T SKIP BREAKFAST IMPORTANT NOTE: All foods served in our schools may contain or be prepared in close proximity to products containing known allergens, such as peanuts</p> <p>STUDENT BREAKFAST \$2.00 each / 20 for \$40.00 Milk \$.60 each</p> <p>ADULT'S BREAKFAST (with /without Milk) \$3.00 BREAKFAST MONEY NOW Add money to your students meal charge account online at www.fwps.org/dept/nutrition. Click on online payments and use your MasterCard or Visa to make a payment. Or call 253-945-5555 to pay by phone.</p> <p>*Contains Pork</p>	 1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL	<p>Daily Offerings 100% Fruit Juice</p>  <p>1% White and Nonfat Chocolate Milk</p>  <p>Assorted Cereal</p>  	
	7 Strawberry PopTart Applesauce Pear Cup	8 Apple Turnover Frozen Peach Cup Blueberries	9 Egg & Cheese Breakfast Wrap Fresh Banana Frozen Mixed Berries	10 French Toast Sticks w/ Syrup Fresh Sliced Oranges Craisins		11 Cheese Omelet Applesauce Assorted Fruits
	14 Breakfast Pizza Bagel Applesauce Blueberries	15 Mini Cinnis Frozen Peach Cup Pear Cup	16 Breakfast Sliders Fresh Banana Frozen Mixed Berries	17 Glazed French Toast Fresh Sliced Oranges Craisins		18 Turkey Bacon Breakfast Pizza Applesauce Assorted Fruits
	21 NO SCHOOL	22 Buttermilk Bar Applesauce Pear Cup	23 Egg & Cheese Breakfast Wrap Fresh Banana Frozen Mixed Berries	24 Cheese Omelet Fresh Sliced Oranges Craisins		25 French Toast Sticks w/ Syrup Applesauce Assorted Fruits
	28 Breakfast Sliders Applesauce Blueberries	29 Turkey Bacon Breakfast Pizza Frozen Peach Cup Pear Cup	30 Breakfast Pizza Bagel Fresh Banana Frozen Mixed Berries	31 Glazed French Toast Fresh Sliced Oranges Craisins		

Low-fat, hormone-free milk from a local dairy is served each day. A variety of local fresh, frozen and canned fruits and vegetables are served daily.
 Our breads, buns, rolls and pizza crust are whole grain for extra fiber and vitamins.
 Federal Way Public Schools Nutrition Services is an equal opportunity provider and employer. Menu subject to change due to availability and food preference.