






**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

STUDENT BREAKFAST
\$2.00 each /
20 for \$40.00
Milk \$.60 each

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.

*Contains Pork

	Monday	Tuesday	Wednesday	Thursday	Friday	
					1 NO SCHOOL	Daily Offerings 100% Fruit Juice 
4	SNOW DAY NO SCHOOL	SNOW DAY NO SCHOOL	6 Assorted Cereal Assorted Fruit Pear Cup	7 Apple Turnover Fresh Sliced Oranges Craisins	8 French Toast Sticks w/ Syrup Applesauce Assorted Fruits	1% White and Nonfat Chocolate Milk 
11	SNOW DAY NO SCHOOL	SNOW DAY NO SCHOOL	13 SNOW DAY NO SCHOOL	14 NO BREAKFAST (2 HOUR LATE START)	15 Breakfast Pizza Bagel Applesauce Assorted Fruits	Assorted Cereal 
18	NO SCHOOL	19 Strawberry PopTart Applesauce Pear Cup	20 Turkey Bacon Breakfast Pizza Fresh Banana Frozen Mixed Berries	21 French Toast Sticks w/ Syrup Fresh Sliced Oranges Craisins	22 *New Item* Homemade Blueberry Oatmeal Applesauce Assorted Fruits	
25	25 Breakfast Pizza Bagel Applesauce Blueberries	26 Cheese Omelet Frozen Peach Cup Pear Cup	27 Glazed French Toast Fresh Banana Frozen Mixed Berries	28 Egg & Cheese Breakfast Wrap 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.