






	Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>DON'T SKIP BREAKFAST</b></p> <p><b>IMPORTANT NOTE:</b> All foods served in our schools may contain or be prepared in close proximity to products containing known allergens, such as peanuts</p> <p><b>STUDENT BREAKFAST</b> \$2.00 each / 20 for \$40.00 Milk \$.60 each</p> <p><b>ADULT'S BREAKFAST</b> (with /without Milk) \$3.00</p> <p><b>BREAKFAST MONEY NOW</b> Add money to your students meal charge account online at <a href="http://www.fwps.org/dept/nutrition">www.fwps.org/dept/nutrition</a>. 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>	3 <b>Breakfast Pizza Bagel</b> Applesauce Blueberries	4 <b>Mini Cinnis</b> Frozen Strawberry Cup Pear Cups	5 <b>Cherry Turnover</b> Fresh Banana Frozen Mixed Berries	6 <b>Egg &amp; Cheese Breakfast Wrap</b> Fresh Sliced Oranges Frozen Peach Cup	7 <b>French Toast Sticks w/ Syrup</b> Applesauce Assorted Fruits	<p><b>Daily Offerings</b> <b>100% Fruit Juice</b></p>  <p><b>1% Plain and Nonfat Chocolate Milk</b></p>  <p><b>Assorted Cereal</b></p> 
	10 <b>Glazed French Toast</b> Applesauce Blueberries	11 <b>Cheese Omelet w/ Tater Tots</b> Frozen Strawberry Cup Pear Cups	12 <b>Breakfast Sliders</b> Fresh Banana Frozen Mixed Berries	13 <b>French Toast Sticks w/ Syrup</b> Fresh Sliced Oranges Frozen Peach Cup	14 <b>Breakfast Pizza Bagel</b> Applesauce Assorted Fruits	
	17 <b>Egg &amp; Cheese Breakfast Wrap</b> Mixed Fruit Cup Blueberries	18 <b>Chef's Choice</b> Applesauce Pear Cups	19 <b>LAST DAY OF SCHOOL!</b> <b>Strawberry PopTart</b> Assorted Fruit	20	21	
	24	25	26	27	28	
						

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.

Scholar must take 3 of the 5 items offered. One (1) must be 1/2 cup fruit and/or vegetable.