


# September K-12 Menu

Wednesday	Thursday	Friday	Monday	Tuesday	Key
<p>9 <b>Microwave Kit</b>  <u>Breakfast</u>                      Cereal (x2)                      Juice  <u>Lunch</u>                      Grilled Cheese Sandwich                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Cereal (x2)                      Juice  <u>Lunch</u>                      Yogurt Pack                      Fruit (x2)</p>	<p>10 <b>Microwave Kit</b>  <u>Breakfast</u>                      Poptart                      Juice  <u>Lunch</u>                      Bean &amp; Cheese Burrito                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Poptart                      Juice  <u>Lunch</u>                      Bagel &amp; Sunbutter Spread                      Fruit (x2)</p>	<p>11 <b>Microwave Kit</b>  <u>Breakfast</u>                      Mini Cinnis                      Juice  <u>Lunch</u>                      Quesadilla                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Mini Cinnis                      Juice  <u>Lunch</u>                      Egg Salad Sandwich                      Fruit (x2)</p>	<p>14 <b>Microwave Kit</b>  <u>Breakfast</u>                      Egg &amp; Cheese Sandwich                      Juice  <u>Lunch</u>                      Mini Cheeseburger Sliders                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Yogurt &amp; Granola                      Juice  <u>Lunch</u>                      Cheese Sandwich                      Fruit (x2)</p>	<p>15 <b>Microwave Kit</b>  <u>Breakfast</u>                      French Toast                      Juice  <u>Lunch</u>                      Chef's Choice                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Butter Bar                      Juice  <u>Lunch</u>                      Sunbutter &amp; Jelly Sandwich                      Fruit (x2)</p>	<p><b>Microwave Kit</b></p> <p>Entrée's require cooking. Instructions are included with meal kit.</p> <p>Vegetarian entrée's are listed in green</p> <p><b>Ready-To-Eat Kit</b></p> <p>All items in this meal kit do not require cooking</p> <p>Vegetarian entrée's are listed in green</p>
<p>16 <b>Microwave Kit</b>  <u>Breakfast</u>                      Cereal (x2)                      Juice  <u>Lunch</u>                      Cheese Pizza                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Cereal (x2)                      Juice  <u>Lunch</u>                      Yogurt Pack                      Fruit (x2)</p>	<p>17 <b>Microwave Kit</b>  <u>Breakfast</u>                      Zee Zee Breakfast Bar                      Juice  <u>Lunch</u>                      Cheesy Garlic Bread                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Zee Zee Breakfast Bar                      Juice  <u>Lunch</u>                      Bagel &amp; Hummus Pack                      Fruit (x2)</p>	<p>18 <b>Microwave Kit</b>  <u>Breakfast</u>                      Mini Strawberry Bagels                      Juice  <u>Lunch</u>                      Cheese Ravioli                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Mini Strawberry Bagels                      Juice  <u>Lunch</u>                      Pretzel &amp; Cheese Dip                      Fruit (x2)</p>	<p>21 <b>Microwave Kit</b>  <u>Breakfast</u>                      Breakfast Pizza Bagel                      Juice  <u>Lunch</u>                      Beef Hamburger                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Breakfast Bar                      Juice  <u>Lunch</u>                      Cheese Sandwich                      Fruit (x2)</p>	<p>22 <b>Microwave Kit</b>  <u>Breakfast</u>                      French Toast Sticks                      Juice  <u>Lunch</u>                      Chicken Nuggets &amp; Roll                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Banana Bread                      Juice  <u>Lunch</u>                      Sunbutter &amp; Jelly Sandwich                      Fruit (x2)</p>	 <p>1 % Plain Milk (gallons) will be available weekly.</p>
<p>23 <b>Microwave Kit</b>  <u>Breakfast</u>                      Cereal (x2)                      Juice  <u>Lunch</u>                      Cheesy Breadsticks                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Cereal (x2)                      Juice  <u>Lunch</u>                      Yogurt Pack                      Fruit (x2)</p>	<p>24 <b>Microwave Kit</b>  <u>Breakfast</u>                      Poptart                      Juice  <u>Lunch</u>                      Nacho Bites                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Poptart                      Juice  <u>Lunch</u>                      Bagel &amp; Sunbutter Spread                      Fruit (x2)</p>	<p>25 <b>Microwave Kit</b>  <u>Breakfast</u>                      Cereal Bar                      Juice  <u>Lunch</u>                      Cheese Quesadilla                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Mini Cinnis                      Juice  <u>Lunch</u>                      Egg Salad Sandwich                      Fruit (x2)</p>	<p>28 <b>Microwave Kit</b>  <u>Breakfast</u>                      Yogurt &amp; Granola                      Juice  <u>Lunch</u>                      Turkey Pizza                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Yogurt &amp; Granola                      Juice  <u>Lunch</u>                      Cheese Sandwich                      Fruit (x2)</p>	<p>29 <b>Microwave Kit</b>  <u>Breakfast</u>                      Butter Bar                      Juice  <u>Lunch</u>                      Chicken Burger                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Butter Bar                      Juice  <u>Lunch</u>                      Sunbutter &amp; Jelly Sandwich                      Fruit (x2)</p>	
<p>30 <b>Microwave Kit</b>  <u>Breakfast</u>                      Cereal (x2)                      Juice  <u>Lunch</u>                      Cheese Pizza                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Cereal (x2)                      Juice  <u>Lunch</u>                      Yogurt Pack                      Fruit (x2)</p>	<p>Oct. 1 <b>Microwave Kit</b>  <u>Breakfast</u>                      Zee Zee Breakfast Bar                      Juice  <u>Lunch</u>                      Grilled Cheese Sandwich                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Zee Zee Breakfast Bar                      Juice  <u>Lunch</u>                      Bagel &amp; Hummus Pack                      Fruit (x2)</p>	<p>Oct. 2 <b>Microwave Kit</b>  <u>Breakfast</u>                      Eggo Waffles                      Juice  <u>Lunch</u>                      Mini Cheese Calzones                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Mini Strawberry Bagels                      Juice  <u>Lunch</u>                      Pretzel &amp; Cheese Dip                      Fruit (x2)</p>	<p>Oct 5 <b>Microwave Kit</b>  <u>Breakfast</u>                      Egg &amp; Cheese Wrap                      Juice  <u>Lunch</u>                      Popcorn Chicken &amp; Roll                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Breakfast Bar                      Juice  <u>Lunch</u>                      Cheese Sandwich                      Fruit (x2)</p>	<p>Oct 6 <b>Microwave Kit</b>  <u>Breakfast</u>                      Pancakes                      Juice  <u>Lunch</u>                      Fruit (x2)</p> <p><b>Ready-To-Eat Kit</b>  <u>Breakfast</u>                      Banana Bread                      Juice  <u>Lunch</u>                      Sunbutter &amp; 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. Menu is subject to change.