



<p>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>STUDENTS Lunch \$3.00 each / 20 for \$60.00 Milk \$.60 each</p> <p>ADULT'S Lunch (with/without Milk) \$4.25</p> <p>LUNCH MONEY NOW Add money to your students meal charge account online at www.fwps.org/dept/nutrition. Click online payments and use your MasterCard or Visa. Or call 253-945-5555 to pay by phone.</p>	Monday	Tuesday	Wednesday	Thursday	Friday	<p>Offered Daily: ✓ Yogurt, Graham Cracker & Sunflower Seed Pack, ✓ Turkey Sub Sandwich, Round Cheese Pizza 1% White and Fat Free Chocolate Milk 100% Fruit Juice</p> <p>Salads Monday Zesty Chicken With Cilantro Lime Dressing (Chicken)</p> <p>Tuesday Chicken Caesar Salad with Caesar Dressing (Chicken)</p> <p>Wednesday Loaded Garden Salad Sesame Ginger Vinaigrette (No Meat)</p> <p>Thursday Fiesta Taco with Ranch Dressing (Beef)</p> <p>Friday Good Fortune with Celery Seed dressing (Chicken)</p>
		1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL	
	7 Mini Cheeseburger Sliders Jicama Sticks Super Celery w/ Dip Frozen Peaches Pear Cups	8 Turkey Pepperoni Pizza Cool Cucumber Coins/Ranch Crunchy Carrots Whole Apples Craisins	9 Beef Hamburger on a Bun w/ Green Beans Merry Cherry Tomatoes/Ranch Sliced Green Pepper Strips Frozen Strawberry Cups Fresh Grapes	10 Cheese Quesadilla w/ Salsa Best Black Bean Salad Zany Zucchini Coins Fresh Banana ✓ Frozen Mixed Berries	11 Turkey Ham and Cheese Rippers Green Salad w/ Ranch Crunchy Carrots Fresh Sliced Oranges Assorted Fruit	
	14 Cheesy Breadstick w/ Marinara Jicama Sticks Super Celery w/ Dip Frozen Peaches Whole Pears ✓	15 Popcorn Chicken w/ French Fries & Roll Cool Cucumber Coins/Ranch Crunchy Carrots Whole Apples Craisins	16 Beef Pepperoni Ripper Merry Cherry Tomatoes/Ranch Sliced Green Pepper Strips Frozen Strawberry Cups Fresh Grapes	17 Bean & Cheese Burrito w/ Salsa Three Bean Salad Zany Zucchini Coins Fresh Banana Applesauce ✓	18 Beef Teriyaki Dippers w/ Rice Green Salad w/ Ranch Crunchy Carrots Fresh Sliced Oranges Assorted Fruit	
	21 NO SCHOOL	22 Say "Cheese" Hot Sandwich Cool Cucumber Coins/Ranch Crunchy Carrots Whole Apples Craisins ✓	23 Brunch for Lunch Turkey Sausage, Tater Tots, & Coffee Cake Merry Cherry Tomatoes/Ranch Jicama Sticks Frozen Strawberry Cups Fresh Grapes	24 Chicken Corndog Italian Bean Salad Zany Zucchini Coins Fresh Banana Frozen Mixed Berries	25 Chicken Patty on a Bun w/ Tater Tots Green Salad w/ Ranch Crunchy Carrots Fresh Sliced Oranges Assorted Fruit	
	28 Mini Cheeseburger Sliders Confetti Corn Salad Super Celery w/ Dip Frozen Peaches Whole Pears	29 Chicken Nuggets w/ French Fries & Roll Cool Cucumber Coins/Ranch Crunchy Carrots Whole Apples Craisins	30 Cheesy Garlic Rippers w/ Marinara Merry Cherry Tomatoes/Ranch Sliced Green Pepper Strips Frozen Strawberry Cups Fresh Grapes ✓	31 Beef Hamburger on a Bun w/ Steamed Carrots Three Bean Salad Zany Zucchini Coins Fresh Banana Applesauce Rice Krispy Treat	✓ = Vegetarian Entrée	

****Head Start/ECEAP students receive limited juice, once per day****

Federal Way Public Schools Nutrition Services is an equal opportunity provider. Menu subject to change due to availability and food preference.