



**Student Lunch**  
\$3.25  
*or*  
**20 for \$65.00**  
**Adult Lunch Meal**  
\$4.25

**IMPORTANT NOTE:**  
All foods served in our schools may contain or be prepared in close proximity to products containing known allergens, such as peanuts.

**LUNCH MONEY NOW**  
Add money to your students meal charge account online at [www.fwps.org/dept/nutrition](http://www.fwps.org/dept/nutrition). Click online payments and use your MasterCard or Visa. Or call 253-945-5555 to pay by phone.

	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
		<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
	7	8	9	10	11
	<p><b>Cheesy Calzone w/ Marinara Sauce</b> <u>Choice of:</u> Jicama Sticks Broccoli Normandy Blend Frozen Peaches Pear Cups </p>	<p><b>Mandarin Orange Chicken w/ Brown Rice</b> <u>Choice of:</u> Cucumber Coins/Ranch Asian Blend Vegetables Frozen Strawberry Cups Craisins</p>	<p><b>Hot Philly Cheese Steak w/ Hoagie Roll</b> <u>Choice of:</u> Cherry Tomatoes/Ranch Roasted Green Peppers/Onions Blueberries Fresh Grapes</p>	<p><b>Bean and Cheese Burrito w/ Sour Cream &amp; Salsa</b> <u>Choice of:</u> Zesty Pinto Beans Zucchini Coins Fresh Banana Applesauce </p>	<p><b>Chicken Parmesan w/ Marinara &amp; Garlic Bread</b> <u>Choice of:</u> Green Salad w/ Ranch Roasted Broccoli Whole Orange Assorted Fruit</p>
	14	15	16	17	18
	<p><b>Lazy Cowboy Lasagna w/ Roll</b> <u>Choice of:</u> Jicama Sticks Steamed Green Beans Frozen Peaches Whole Pears</p>	<p><b>Beef &amp; Broccoli Bowl w/ Brown Rice</b> <u>Choice of:</u> Cucumber Coins/Ranch Roasted Bok Choy Frozen Strawberry Cups Craisins</p>	<p><b>Rotini Chicken Alfredo &amp; Garlic Bread</b> <u>Choice of:</u> Cherry Tomatoes/Ranch Capri Vegetable Blend Blueberries Fresh Grapes</p>	<p><b>Chicken Fajita w/ Tortilla, Sour Cream, Cheese &amp; Salsa</b> <u>Choice of:</u> Three Bean Salad Roasted Red Peppers/ Onions Fresh Banana Applesauce</p>	<p><b>Chicken Drumstick w/ Mashed Potatoes, Gravy &amp; Roll</b> <u>Choice of:</u> Green Salad w/ Ranch Steamed Corn Whole Orange Assorted Fruit</p>
	21	22	23	24	25
	<b>NO SCHOOL</b>	<p><b>Teriyaki Chicken w/ Brown Rice</b> <u>Choice of:</u> Cucumber Coins/Ranch Asian Blend Vegetables Frozen Strawberry Cups Craisins</p>	<p><b>Chicken Nuggets w/ BBQ sauce &amp; Roll</b> <u>Choice of:</u> Cherry Tomatoes/Ranch Baby Bakers Blueberries Fresh Grapes</p>	<p><b>Beef Taco Bowl w/ Spanish Rice, Sour Cream, Cheese, &amp; Salsa</b> <u>Choice of:</u> Zesty Pinto Beans Zucchini Coins Fresh Banana Applesauce</p>	<p><b>Rotini Pasta w/ Marinara, Meatballs &amp; Garlic Bread</b> <u>Choice of:</u> Green Salad w/ Ranch Steamed Green Beans Whole Orange Assorted Fruit</p>
	28	29	30	31	
	<p><b>Popcorn Chicken Bowl w/ Roll</b> <u>Choice of:</u> Mashed Potatoes, Gravy Steamed Corn Frozen Peaches Whole Pears</p>	<p><b>Sweet Chili Thai Chicken w/ Fried Rice</b> <u>Choice of:</u> Cucumber Coins/Ranch Roasted Bok Choy Frozen Strawberry Cups Craisins</p>	<p><b>Baja Fish Sticks w/ Tartar Sauce &amp; Tortilla</b> <u>Choice of:</u> Cherry Tomatoes/Ranch Jalapeno Coleslaw Blueberries Fresh Grapes</p>	<p><b>White Chicken Chili w/ Sour Cream, Cheese, &amp; Roll</b> <u>Choice of:</u> Three Bean Salad Steamed Corn Fresh Banana Applesauce <i>Rice Krispy Treat</i></p>	= Vegetarian Entrée

**Beyond Burgers**  
Crispy Chicken Burgers  
Spicy Chicken Burgers  
100% Beef Hamburgers  
All on Whole Grain Buns

**Fresh 'n Hot Pizza**  
Buffalo Chicken Pizza  
Pepperoni Pizza   
Cheese Pizza   
All Whole Grain Crust

**Gourmet Deli**  
Served on Whole Grain Breads with Fresh Fruits and Vegetables

**Daily Salads**  
**Monday**  
Zesty Chicken w/ Cilantro Lime Dressing  
**Tuesday**  
Chicken Caesar Salad w/ Caesar Dressing  
**Wednesday**  
Loaded Garden Salad  
Sesame Ginger Vinaigrette  
**(No Meat)**  
**Thursday**  
Fiesta Taco Salad w/ Ranch Dressing  
**(Beef)**  
**Friday**  
Good Fortune w/ Celery Seed dressing  
**(Chicken)**  
*\*All salads vegetarian upon request*

**Daily Offerings**  
Baby Carrots, Whole Apples, 1% White Milk  
Fat Free Chocolate Milk and 100% Fruit Juice.  
**\*Contains Pork**