



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. Click online payments and use your MasterCard or Visa. Or call 253-945-5555 to pay by phone.

	Monday	Tuesday	Wednesday	Thursday	Friday
					1 NO SCHOOL
4	SNOW DAY NO SCHOOL	5 SNOW DAY NO SCHOOL	6 *New & Improved* Federal Way Philly Cheesesteak on a Hoagie Bun Choice of: Roasted Red Peppers/Onions Tater Tots Pear Cups Fresh Kiwi	7 Beef Taco Bowl w/ Spanish Rice, Sour Cream, Cheese & Salsa Choice of: Zesty Pinto Beans Cucumber Coins/Ranch Fresh Banana Cinnamon Applesauce	8 Rotini Chicken Alfredo & Garlic Bread Choice of: Green Salad w/ Ranch Roasted Bok Choy Whole Orange Assorted Fruit
11	SNOW DAY NO SCHOOL	12 SNOW DAY NO SCHOOL	13 SNOW DAY NO SCHOOL	14 Popcorn Chicken Bowl w/ Roll Choice of: Mashed Potatoes/Gravy Steamed Corn Whole Pears Cinnamon Applesauce	15 Mandarin Orange Chicken w/ Brown Rice Green Salad w/ Ranch Asian Blend Vegetables Fresh Kiwi Assorted Fruit
18	NO SCHOOL	19 Sweet Chili Thai Chicken w/ Fried Rice Choice of: Cucumber Coins/Ranch Asian Blend Vegetables Frozen Strawberry Cups Craisins	20 Chicken Parmesan w/ Marinara & Roll Choice of: Cherry Tomatoes/Ranch Baby Bakers Blueberries Pear Cups	21 Mean Bean Chili & Tostito Chips w/ Sour Cream & Cheese Choice of: Three Bean Salad Steamed Corn Fresh Banana Cinnamon Applesauce	22 Rotini Pasta w/ Marinara, Meatballs & Garlic Bread Choice of: Green Salad w/ Ranch Roasted Broccoli Whole Orange Assorted Fruit
25	Cheesy Calzone w/ Marinara Sauce Choice of: Tater Tots Broccoli Normandy Blend Frozen Mixed Berries Whole Pears	26 Chicken Teriyaki w/ Brown Rice Choice of: Cucumber Coins/Ranch Roasted Bok Choy Frozen Strawberry Cups Craisins	27 Baja Fish Sticks w/ Tatar Sauce & Tortilla Choice of: Cherry Tomatoes/Ranch Jalapeno Coleslaw Blueberries Fresh Kiwi	28 Bean & Cheese Burrito w/ Sour Cream & Salsa Choice of: Zesty Pinto Beans Zucchini Coins Fresh Banana Cinnamon Applesauce Rice Krispy Treat	<div style="text-align: right;">  = Vegetarian Entrée </div>

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**