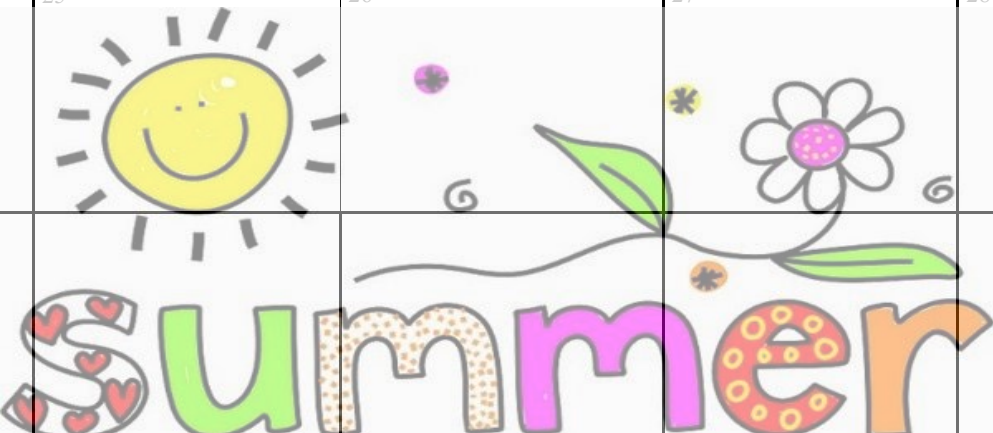


K-5 LUNCH MENU

JUNE 2019

<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% Plain and Fat Free Chocolate Milk 100% Fruit Juice</p> <p>Salads</p> <p>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> <p><small>Contains Pork</small> =Contains Pork ✓=Vegetarian</p>
	<p>3</p> <p>Cheesy Breadstick w/ Marinara Jicama Sticks Super Celery w/ Ranch Frozen Mixed Berries Whole Pears ✓</p>	<p>4</p> <p>Turkey Pepperoni Pizza Cool Cucumber Coins/Ranch Crunchy Carrots Whole Apples Mixed Fruit Cup</p>	<p>5</p> <p>Popcorn Chicken w/ French Fries Merry Cherry Tomatoes/Ranch Sliced Green Pepper Strips Frozen Strawberry Cups Pear Cups</p>	<p>6</p> <p>Beef Hamburger on a Bun w/ Steamed Carrots Three Bean Salad Zany Zucchini Coins Fresh Banana Applesauce</p>	<p>7</p> <p>Garlic Cheese Ripper w/ Marinara Green Salad w/ Ranch Crunchy Carrots Fresh Sliced Oranges Assorted Fruit ✓</p>	
	<p>10</p> <p>Beef Pepperoni Ripper Jicama Sticks Super Celery w/ Ranch Frozen Mixed Berries Whole Pears</p>	<p>11</p> <p>Cheese Quesadilla w/ Salsa Cool Cucumber Coins/Ranch Crunchy Carrots Whole Apples Mixed Fruit Cup ✓</p>	<p>12</p> <p>Chicken Nuggets w/ Tater Tots Merry Cherry Tomatoes/Ranch Sliced Green Pepper Strips Frozen Strawberry Cups Pear Cups</p>	<p>13</p> <p>Beef Teriyaki Dippers w/ Rice Three Bean Salad Zany Zucchini Coins Fresh Banana Applesauce</p>	<p>14</p> <p>Turkey Ham & Cheese Ripper Green Salad w/ Ranch Crunchy Carrots Fresh Sliced Oranges Assorted Fruit</p>	
	<p>17</p> <p>Bean & Cheese Burrito w/ Salsa Jicama Sticks Super Celery w/ Ranch Frozen Mixed Berries Whole Pears ✓</p>	<p>18</p> <p>Mini Cheeseburger Sliders Cool Cucumber Coins/Ranch Crunchy Carrots Assorted Fruit <i>Mini Rice Krispy Treat</i></p>	<p>19</p> <p>LAST DAY OF SCHOOL!! EARLY RELEASE NO LUNCH</p>			
	<p>24</p>	<p>25</p> 	<p>26</p>	<p>27</p>	<p>28</p>	

****Head Start/ECEAP/Pre-school students receive limited juice, once per day, and 1% Plain Milk only***

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

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