


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
3	Chicken Nuggets w/ BBQ Sauce & Roll <u>Choice of:</u> French Fries Broccoli Normandy Blend Frozen Mixed Berries Whole Pears	Beef & Broccoli Bowl w/ Brown Rice <u>Choice of:</u> Cucumber Coins/Ranch Roasted Bok Choy Frozen Strawberry Cups Mixed Fruit Cup	Chicken Parmesan w/ Marinara & Roll <u>Choice of:</u> Cherry Tomatoes/Ranch Sliced Green Peppers Blueberries Pear Cups	Chicken Fajita w/ Tortillas, Sour Cream, Cheese & Salsa <u>Choice of:</u> Refried Beans Roasted Peppers/Onions Fresh Banana Applesauce	Rotini Pasta w/ Marinara, Meatballs & Garlic Bread <u>Choice of:</u> Green Salad w/ Ranch Capri Vegetable Blend Whole Orange Assorted Fruit
10	Cheesy Calzone w/ Marinara <u>Choice of:</u> Baby Bakers Steamed Corn Frozen Mixed Berries Whole Pears 	Mandarin Orange Chicken w/ Fried Rice <u>Choice of:</u> Cucumber Coins/Ranch Asian Blend Vegetable Frozen Strawberry Cups Mixed Fruit Cup	<i>Indigenous Food Day</i> Three Sisters Stew w/ Sour Cream, Cheese & Corn Bread <u>Choice of:</u> Cherry Tomatoes/Ranch Steamed Green Beans Blueberries Pear Cups	Beef Taco Bowl w/ Spanish Rice, Sour Cream, Cheese & Salsa <u>Choice of:</u> Zesty Pinto Beans Zucchini Coins Fresh Banana Applesauce	Glazed Chicken Drumstick w/ Roll <u>Choice of:</u> Green Salad w/ Ranch Baby Bakers Whole Orange Assorted Fruit
17	Popcorn Chicken Bowl w/ Roll <u>Choice of:</u> Mashed Potatoes/Gravy Steamed Corn Frozen Mixed Berries Whole Pears	Sweet Chili Thai Chicken w/ Brown Rice <u>Choice of:</u> Cucumber Coins/Ranch Roasted Bok Choy Assorted Fruit <i>Mini Rice Krispy Treat</i>	<p style="color: orange; font-weight: bold; margin: 0;">LAST DAY OF SCHOOL!! EARLY RELEASE NO LUNCH</p>		
24		25	26	27	28
	<p style="color: orange; font-weight: bold; margin: 0;"><i>*Indigenous Food Day Fun Fact*</i></p> <p style="margin: 0;">Three Sisters Stew is a hearty dish with a long history. The Haudensosaunee Nations cultivate the three sisters (corn, beans and squash) in a symbiotic relationship that feeds the soil and the people, provides an example of relationship for and with each other, and is the basis for our relationship with sacred foods.</p>				



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% Plain Milk
Fat Free Chocolate Milk and 100% Fruit Juice.

Contains =  Pork
 = Vegetarian