



# K -5 LUNCH MENU

February 2020



**FEDERAL WAY  
PUBLIC SCHOOLS**  
Each Scholar: A voice. A dream. A BRIGHT future.

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily:
3 Chicken Corndog or <i>Cheesy Quesadilla</i> Choice of Jicama Sticks Celery w/Ranch Fresh Pears Mixed Berries	4 Lemon Chicken w/ Brown Rice or <i>Cheese Pizza</i> Choice of Cucumber Coins/Ranch Crunchy Carrots Fresh Apples Raisins	5 Popcorn Chicken w/ Peas & Carrots or <i>Grilled Cheese Sandwich</i> Choice of Cherry Tomatoes/Ranch Sliced Green Peppers Kiwi Cinnamon Applesauce	6 <i>Cheesy Breadsticks w/ Marinara Cups</i> or <i>Bean &amp; Cheese Burrito</i> Choice of Three Bean Salad Zucchini Coins Fresh Banana Frozen Strawberries	7 Mini Cheeseburger Sliders or <i>Yogurt Pack</i> Choice of Green Salad w/ Ranch Crunchy Carrots Sliced Oranges Assorted Fruit	<i>1% Plain and Fat Free Chocolate Milk 100% Fruit Juice</i>
10 <i>Garlic Cheese Rippers w/ Marinara</i> or <i>Cheesy Quesadilla</i> Choice of Jicama Sticks Celery w/Ranch Fresh Pears Mixed Berries	11 Beef Burrito or <i>Cheese Pizza</i> Choice of Cucumber Coins/Ranch Crunchy Carrots Fresh Apples Raisins	12 <b>Brunch for Lunch</b> Turkey Patty, Tater Tots & Coffee Cake or <i>Grilled Cheese Sandwich</i> Choice of Cherry Tomatoes/Ranch Sliced Green Peppers Kiwi & Cinnamon Applesauce	13 Turkey Pizza or <i>Bean &amp; Cheese Burrito</i> Choice of Three Bean Salad Green Salad w/ Ranch Fresh Banana Frozen Strawberries	14 Mini Corndogs w/ Tater Tots or <i>Yogurt Pack</i> Choice of Zucchini Coins Crunchy Carrots Sliced Oranges Assorted Fruit	<b>Monday</b> Zesty Chicken With Cilantro Lime Dressing
17 <b>NO SCHOOL</b>	18 <i>Nacho Bites</i> Or <i>Cheese Pizza</i> Choice of Jicama Sticks Crunchy Carrots Fresh Apples Raisins	19 Chicken Nuggets w/ French Fries & Roll or <i>Grilled Cheese Sandwich</i> Choice of Cherry Tomatoes/Ranch Sliced Green Peppers Kiwi Cinnamon Applesauce	20 Beef Hamburger w/ Tater Tots or <i>Bean &amp; Cheese Burrito</i> Choice of Three Bean Salad Zucchini Coins Fresh Banana Frozen Strawberries	21 <i>Cheese Ravioli in Marinara</i> or <i>Yogurt Pack</i> Choice of Green Salad w/ Ranch Crunchy Carrots Sliced Oranges Assorted Fruit	<b>Wednesday</b> <b>Loaded Garden Salad w/ Sesame Ginger Vinaigrette</b>
24 Chicken Waffle Sandwich or <i>Cheesy Quesadilla</i> Choice of Jicama Sticks Celery w/ Ranch Fresh Pears Mixed Berries	25 <i>Hummus Pack</i> Or <i>Cheese Pizza</i> Choice of Cucumber Coins/Ranch Crunchy Carrots Fresh Apples Raisins	26 Beef Teriyaki Dippers w/ Brown Rice Or <i>Grilled Cheese Sandwich</i> Choice of Cherry Tomatoes/Ranch Sliced Green Peppers Kiwi Cinnamon Applesauce	27 Chicken Burger w/ Green Beans or <i>Bean &amp; Cheese Burrito</i> Choice of Three Bean Salad Zucchini Coins Fresh Banana Frozen Strawberries	28 Turkey & Cheese Ripper or <i>Yogurt Pack</i> Choice of Green Salad w/ Ranch Crunchy Carrots Sliced Oranges Assorted Fruit <i>Mini Rice Krispy Treat</i>	<b>Thursday</b> Beef Fiesta Taco w/ Ranch Dressing
<p align="center"><b>Additional Information</b></p> <p>To apply for Free &amp; Reduced Lunches or add money to your scholars account visit  <a href="http://www.fwps.org/lunchapplication">www.fwps.org/lunchapplication</a>            Or call Nutrition Services at            253-945-5555</p>					<b>Friday</b> Good Fortune Chicken Salad w/ Celery Seed dressing
					<b>No items on this menu contain Pork</b>
					<p><u>Key:</u>    <i>Vegetarian</i>    <i>New Item</i></p>
					<p><b>Lunch Prices</b>            Scholar: \$3.00            Adult: \$4.25            Milk \$0.60</p>

Federal Way Public Schools Nutrition Services is an equal opportunity provider. Menu subject to change. Scholar must take 3 of the 5 components offered. One (1) must be 1/2 cup fruit and/or vegetable. Pre-school scholars receive one juice per day. 1% plain white milk is served daily. All foods served in our schools may contain or be prepared in close proximity to products containing known allergens.