

**Lunch Prices**

Scholar: \$3.25 Adult: \$4.25  
Milk: \$0.60

# FWPS 6-12 LUNCH MENU

## FEBRUARY 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Pizza Special	Offered Daily:
3 <b>Baja Fish Sticks</b> Choice of Jicama Sticks Jalapeno Coleslaw Fresh Pears Mixed Berries	4 <b>Beef &amp; Broccoli Bowl</b> Or <i>Vegetarian Version Available</i> Choice of Cucumber Coins/Ranch Asian Blend Vegetables Blueberries & Raisins	5 <i>Mean Bean Chili</i> Choice of Cherry Tomatoes/Ranch Tater Tot Kiwi Cinnamon Applesauce	6 <b>Beef Fajita</b> <i>Vegetarian Version Available</i> Choice of Refried Beans Roasted Peppers/Onions Bananas & Frozen Strawberries	7 <b>Glazed Chicken Drumstick</b> Choice of Green Salad/Ranch Baby Bakers Oranges Assorted Fruit	February 3-7  <b>Veggie Supreme</b> <i>Cheese Pizza with Onions, Olives, Red and Green Peppers</i>	<b>Burgers</b> Chicken Burger Spicy Chicken Burger Beef Hamburger Beef Cheese Burger  <b>Pizza:</b> <i>Cheese Pizza</i> <i>Pepperoni Pizza</i>
10 <b>Chicken Strips Basket</b> Choice of Tater Tot Celery w/ Ranch Fresh Pears Mixed Berries	11 <b>Mandarin Orange Chicken</b> <i>Vegetarian Version Available</i> Cucumber Coins/Ranch Broccoli Normandy Blueberries and Raisins	12 <b>Chicken Alfredo Pasta &amp; Garlic Bread</b> <i>Vegetarian Version Available</i> Choice of Cherry Tomatoes/ Ranch Green Beans Kiwi Cinnamon Applesauce	13 <b>Chicken Enchilada</b> Choice of Refried Beans Green Salad w/ Ranch Bananas Frozen Strawberries	14 <b>Popcorn Chicken Bowl</b> <i>Vegetarian Version Available</i> Choice of Mashed Potatoes & Gravy Steamed Corn Oranges Assorted Fruit	February 10-14  <b>BBQ Chicken Pizza</b> <i>Cheese Pizza with Diced Chicken and BBQ Sauce</i>	<b>Deli Sandwiches</b> Turkey Ham, Turkey, or Vegetarian  <b>Daily Salads</b> <i>All salads vegetarian upon request</i> <b>Monday</b> Zesty Chicken w/ Cilantro Lime Dressing
17  <b>NO SCHOOL</b>	18 <b>Sweet Chili Thai Chicken</b> <i>Vegetarian Version Available</i> Choice of Cucumber Coins/Ranch Bok Choy Blueberries and Raisins	19 <b>Chicken Parmesan Sandwich</b> Choice of Cherry Tomatoes/Ranch Baby Bakers Kiwi Cinnamon Applesauce	20 <b>Chicken Taco Bowl</b> <i>Vegetarian Version Available</i> Choice of Pinto Beans Zucchini Coins Bananas Frozen Strawberries	21 <i>Cheesy Calzone w/ Marinara Sauce</i> Choice of Green Salad w/ Ranch Roasted Broccoli Oranges Assorted Fruit	February 17-21  <b>Margherita Pizza</b> <i>Cheese Pizza with Tomato Slices and Basil</i>	<b>Tuesday</b> Chicken Caesar Salad  <b>Wednesday</b> <i>Loaded Garden Salad w/ Sesame Ginger Vinaigrette</i>  <b>Thursday</b> Beef Taco Salad w/ Ranch Dressing
24 <b>Roasted Turkey Bowl</b> <i>Vegetarian Version Available</i> Choice of Mashed Potatoes Steamed Corn Fresh Pears Mixed Berries	25 <b>Sweet n Sour Chicken</b> <i>Vegetarian Version Available</i> Choice of Cucumber Coins/Ranch Asian Blend Vegetables Blueberries and Raisins	26 <i>Cheesy Garlic Bread w/ Marinara</i> Choice of Cherry Tomatoes/Ranch Sliced Green Peppers Kiwi Cinnamon Applesauce	27 <b>Mini Chicken Corndogs</b> Choice of <i>BBQ Baked Beans</i> Zucchini Coins Bananas Frozen Strawberries	28 <b>Baked Ziti w/ Garlic Bread</b> Choice of Green Salad w/ Ranch Roasted Broccoli Oranges Assorted Fruit <i>Mini Rice Krispy Treat</i>	February 24-28  <b>Meat Lovers Pizza</b> <i>Pepperoni Pizza with Turkey Ham and Beef Crumbles</i>	<b>Friday</b> Good Fortune Chicken Salad w/ Celery Seed Dressing  <b>Daily Offerings</b> Carrots, Apples, 1% Milk, Fat Free Chocolate Milk & 100% Fruit Juice

**Additional Information**

To apply for Free & Reduced Lunches or add money to your scholars account visit  
[www.fwps.org/lunchapplication](http://www.fwps.org/lunchapplication) or call Nutrition Services at  
253-945-5555



Federal Way Public Schools Nutrition Services is an equal opportunity provider. Menu is 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 juice once per day and 1% plain milk is served daily. All foods served in our schools may contain or be prepared in close proximity to products containing known allergens.