




Federal Way Public Schools Elementary (K through 5th) Menu January 2010

Menu subject to change due to availability and food preference. Federal Way Public Schools WEB site address <http://www/fwps.org>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fruits and Vegetables offered on menu may include</p> <p>Fresh Apples, Pears, Bananas or Oranges Canned Pears, Applesauce, Peaches, or Mixed Fruit Frozen Blueberries, Strawberries, Peaches Fresh Carrots, Broccoli, Cauliflower, Cucumbers, Celery or Various Salads Canned Corn, Green Beans Baked Beans or Refried Beans Frozen Corn, Corn Cobettes, Green Beans, Peas, Carrots or Mixed Vegetables.</p>				
4 Cheese Pizza or Hot Dog on a Bun Or Chef Salad	5 Hot Dog on a Bun or Burrito or Fajita Chicken Pasta Salad	6 Burrito or Chicken Nuggets or Taco Salad	7 Chicken Nuggets or Grilled Cheese Sandwich or Good Fortune Salad	8 Grilled Cheese Sandwich or Beef Teriyaki Dippers over Rice or Cottage and Fruit Salad
Variety of Fruits and Vegetables will be offered daily				
11 Beef Teriyaki Dippers over Rice or Corn Dog or Chef Salad	12 Corn Dog or Mini Hamburgers on Mini Buns or Fajita Chicken Pasta Salad	13 Mini Hamburgers on Buns or Turkey Gravy or Taco Salad	14 Turkey Gravy or Pepperoni Pizza* or Good Fortune Salad	15 Pepperoni Pizza* or Chicken Nuggets or Cottage Cheese and Fruit Salad
Variety of Fruits and Vegetables will be offered daily				
18 	19 Chicken Nuggets or Grilled Cheese Sandwich or Fajita Chicken Pasta Salad	20 Grilled Cheese Sandwich or Pepperoni Pizza* or Taco Salad	21 Pepperoni Pizza* or Corndog or Good Fortune Salad	22 Corn Dog or Chicken Fried Steak or Cottage Cheese and Fruit Salad
Variety of Fruits and Vegetables will be offered daily				
25 Chicken Fried Steak or Chicken Patty on a Bun or Chef Salad	26 Chicken Patty on a Bun or Hot Dog on a Bun or Fajita Chicken Pasta Salad	27 Hot Dog on a Bun or Burrito or Taco Salad	28 Burrito or Cheese Pizza or Good Fortune Salad	29 
Variety of Fruits and Vegetables will be offered daily				

Federal Way Public Schools Nutrition Services is an equal opportunity provider.

*Denotes Pork as an ingredient

YOU MAY NOW CHARGE BREAKFAST AND/OR LUNCH ON A CREDIT CARD ONLINE. Go to WWW.FWPS.ORG, PROGRAMS & SERVICES, NUTRITION SERVICES. Click on **GREAT NEWS! LUNCH MONEY NOW IS AVAILABLE FOR ONLINE PAYMENTS!** Here you can also monitor activity on student's account, check balance, ect... YOU MAY ALSO CALL (253) 945-5555 TO CHARGE IT TO YOUR VISA OR MASTER CARD.

	ELEMENTARY	ADULTS
Breakfast	\$1.50/20 for \$30	\$2.50 with or w/o Milk
Lunch	\$2.50/20 for \$50	\$3.75 with or w/o Milk

