SPRINGS CHARTER SCHOOLS
FAPA
FLABOB AIRPORT PREPARATORY ACADEMY

February 2022

K-12 Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	February 1, 2022	February 2, 2022	February 3, 2022	February 4, 2022
	BREAKFAST RASPBERRY-CHERRY YOGURT, Granola^, Diced Pears, Apple Juice, Milk **LUNCH** MEATLOAF W/TOMATO SAUCE, Hamburger Bun^, Mashed Potatoes, Diced Peaches, Milk **Vegetarian Option** VEGETARIAN CHILI WITH BEANS, Tortilla Rounds^, Corn, Diced Peaches, Milk	**BREAKFAST** TRIX^, Maple Breakfast Square^, Fresh Apple, Milk **LUNCH** BBQ CHICKEN, Hamburger Bun^, Mixed Vegetables, Craisins, Milk **Vegetarian Option** CHEESY BAKED PENNE^, Breadstick^, Green Beans, Craisins, Milk	**BREAKFAST** CINNAMON BUN^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** HOT DOG, Hot Dog Bun^, Baked Beans, Fresh Baby Carrots, Ranch Dressing, Fresh Orange, Mustard, Ketchup, Milk **Vegetarian Option** VEGETARIAN BURGER, Hamburger Bun^, Baked Beans, Fresh Baby Carrots, Ranch Dressing, Fresh Orange, Mustard, Ketchup, Milk	**BREAKFAST** CHERRY BREAKFAST BAR^, String Cheese, Fresh Apple, Milk **LUNCH** CHEESY MEATBALL MAC^, Broccoli, Fresh Banana, Vanilla Cookie^, Milk **Vegetarian Option** MAC & CHEESE^, Broccoli, Fresh Banana, Vanilla Cookie^, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
February 7, 2022	**February 8, 2022**	**February 9, 2022**	**February 10, 2022**	**February 11, 2022**
BREAKFAST CINNAMON TOAST CRUNCH^, Vanilla Waffle Square^, Craisins, Grape Juice, Milk **LUNCH** VEGETARIAN CHILI WITH BEANS, Cornbread^, Mixed Vegetables, Applesauce, Milk **Vegetarian Option** PIZZA DIPPERS^, Marinara Sauce, Mixed Vegetables, Applesauce, Milk	**BREAKFAST** PLAIN BAGEL^, Cream Cheese, Diced Pears, Orange-Tangerine Juice, Milk **LUNCH** SPAGHETTI & MEATBALLS^, Breadstick^, Broccoli, Diced Peaches, Milk **Vegetarian Option** MINI CHEESE RAVIOLI WITH SAUCE^, Breadstick, Broccoli, Diced Peaches, Milk	**BREAKFAST** DOUBLE CHOCOLATE MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** SANTA FE CHICKEN, Tortilla Rounds^, Corn, Orange-Tangerine Juice, Milk **Vegetarian Option** BEAN & CHEESE BURRITO^, Corn, Orange-Tangerine Juice, Taco Sauce, Milk	**BREAKFAST** VANILLA YOGURT, Granola^, Fresh Banana, Apple Juice, Milk **LUNCH** SLOPPY JOE, Hamburger Bun^, SunSet Sip Juice, Baked Beans, Craisins, Milk **Vegetarian Option** VEGETARIAN BURGER, Hamburger Bun^, SunSet Sip Juice, Baked Beans, Craisins, Mustard, Ketchup, Milk	**NO SCHOOL**
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
February 14, 2022	**February 15, 2022**	**February 16, 2022**	**February 17, 2022**	**February 18, 2022**
BREAKFAST FROSTED CORN FLAKES^, Cherry Breakfast Bar^, Craisins, Orange-Tangerine Juice, Milk **LUNCH** CHEESY BAKED PENNE^, Breadstick^, Green Beans, Diced Pears, Milk **Vegetarian Option** CHEESE PIZZA, Country Blend Vegetables, Diced Pears, Milk	**BREAKFAST** STRAWBERRY YOGURT, Granola^, Diced Peaches, Grape Juice, Milk **LUNCH** MEATBALL SUB, Hot Dog Bun^, Broccoli, Orange-Tangerine Juice, Milk **Vegetarian Option** MAC & CHEESE^, Broccoli, Orange-Tangerine Juice, Milk	**BREAKFAST** RICE CHEX^, Graham Crackers, Fresh Apple, Milk **LUNCH** GENERAL TSO'S CHICKEN & NOODLES^, Mixed Vegetables, Fresh Banana, Milk **Vegetarian Option** BEAN & CHEESE BURRITO^, Mixed Vegetables, Fresh Banana, Taco Sauce, Milk	**BREAKFAST** CINNAMON TOAST CRUNCH FILLED BAR^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** CRUNCHY CHICKEN TENDERS^, Cornbread^, Seasoned Diced Potatoes, Fresh Baby Carrots, Ranch Dressing, Fresh Apple Slices, BBQ Sauce, Ketchup, Milk **Vegetarian Option** CHIK'N NUGGETS^, Cornbread^, Seasoned Diced Potatoes, Fresh Baby Carrots, Ranch Dressing, Fresh Apple Slices, BBQ Sauce, Ketchup, Milk	**BREAKFAST** BLUEBERRY MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** BBQ CHICKEN, Hamburger Bun^, Pickle Chips, Baked Beans, Diced Peaches, Milk **Vegetarian Option** VEGETARIAN BURGER, Hamburger Bun^, Pickle Chips, Baked Beans, Diced Peaches, Mustard, Ketchup, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
February 21, 2022	**February 22, 2022**	**February 23, 2022**	**February 24, 2022**	**February 25, 2022**
PRESIDENTS DAY	**BREAKFAST** TRIX^, Maple Breakfast Square^, Craisins, Fruit Punch Juice, Milk **LUNCH** CRISPY CHICKEN PATTY^, Hamburger Bun^, Mixed Vegetables, Diced Peaches, BBQ Sauce, Milk **Vegetarian Option** BEAN & CHEESE EMPANADA^, Mixed Vegetables, Diced Peaches, BBQ Sauce, Milk	**BREAKFAST** BANANA MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** HOT DOG, Hot Dog Bun^, Broccoli, Fresh Banana, Mustard, Ketchup, Milk **Vegetarian Option** RED BEANS & RICE^, Broccoli, Fresh Banana, Milk	**BREAKFAST** RASPBERRY-CHERRY YOGURT, Granola^, Fresh Banana, Grape Juice, Milk **LUNCH** TERIYAKI CHICKEN PATTY, Hamburger Bun^, French Fries, Fresh Orange, Milk **Vegetarian Option** VEGETARIAN BURGER, Hamburger Bun^, French Fries, Fresh Orange, Mustard, Ketchup, Milk	**BREAKFAST** GOLDEN GRAHAMS CEREAL^, Vanilla Waffle Square^, Fresh Apple, Milk **LUNCH** CHICKEN NUGGETS^ WITH BAKED BEANS, Cornbread^, Fresh Baby Carrots, Ranch Dressing, Diced Pears, BBQ Sauce, Milk **Vegetarian Option** CHIK'N NUGGETS, Cornbread^, Baked Beans, Fresh Baby Carrots, Ranch Dressing, Diced Pears, BBQ Sauce, Milk
MONDAY				
February 28, 2022				
BREAKFAST COCOA PUFFS^, Strawberry Pancake Square^, Craisins, Apple Juice, Milk **LUNCH** CRUNCHY CHICKEN TENDERS^, Breadstick^, Country Blend Vegetables, Diced Peaches, Milk **Vegetarian Option** CHEESE PIZZA^, Country Blend Vegetables, Diced Peaches, Milk				

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS and CHOICE OF 1% OR FAT FREE WHITE MILK
^ Denotes item is whole-grain/whole wheat
**** This institution is an equal opportunity provider ****