







Flabob Airport Prep Academy 6-8 Breakfast & Lunch Menu

MONDAY March 2, 2020	TUESDAY March 3, 2020	WEDNESDAY March 4, 2020	THURSDAY March 5, 2020	FRIDAY March 6, 2020	
NATIONAL SCHOOL BREAKFAST WEEK					
 <p>BREAKFAST FROOT LOOPS[^] Animal Grahams[^] Craisins Grape Juice Milk</p>  <p>Lunch FRENCH TOAST STICKS W/SAUSAGE[^] FRENCH TOAST STICKS W/SCRAMBLED EGGS[*] Tropical Veggie Juice Applesauce Cup Syrup Milk</p>	 <p>BREAKFAST STRAWBERRY BANANA YOGURT Granola[^] Fruit Punch Juice Diced Pears Milk</p>  <p>BREAKFAST FROSTED FLAKES[^] Vanilla Waffle Square[^] Fresh Apple Milk</p>  <p>BREAKFAST PILLSBURY GRAPE CRESCENT[^] Fresh Banana[*] Orange-Tangerine Juice Milk</p>  <p>BREAKFAST String Cheese Lemon Mini Loaf[^] Fresh Apple Milk</p>	<p>Lunch BBQ CHICKEN TATOR TOT-CHOS BBQ VEGAN CHICKEN W/CARROTS[*] Tortilla Rounds[^] Diced Carrots Mixed Fruit Cup Milk</p>	<p>Lunch POPCORN CHICKEN[^] VEGETARIAN BURGER[*] Breadstick (IW)[^] Baked Beans Pickle Chips Orange-Tangerine Juice Ketchup, Mustard, & BBQ Sauce Milk</p>	<p>Lunch CHICKEN ALFREDO PASTA[^] HEESY PENNE ALFREDO W/BROCCOLI[*] Mixed Vegetables Fresh Apple Slices Milk</p>	<p>Lunch CRISPY CHICKEN SANDWICH[^] BEAN & CHEESE PUPUSA[*] Fresh Crunchy Celery Sticks Romaine Lettuce Fresh Banana Ranch, Hot Sauce, & BBQ Sauce Milk</p>
<p>March 9, 2020</p> <p>Breakfast GOLDEN GRAHAM CEREAL[^] French Toast Breakfast Square[^] Craisins Fruit Punch Juice Milk</p> <p>Lunch CHICKEN STRIPS W/SWEET POTATO PUFFS[^] MINI CHEESE RAVIOLI W/SAUCE[^] Green Beans Fresh Orange[*] BBQ Sauce Milk</p>	<p>March 10, 2020</p> <p>Breakfast CINNAMON FLAKES[^] Graham Crackers[^] Orange-Tangerine Juice Diced Peaches Milk</p> <p>Lunch RIB-B-QUE Wrapped Hamburger Bun[^] BEAN & CHEESE BURRITO[^] French Fries Diced Peaches Ketchup & Salsa Milk</p>	<p>March 11, 2020</p> <p>Breakfast String Cheese Chocolate Chip Mini Loaf[^] Fresh Apple Milk</p> <p>Lunch MEATLOAF PANINI[^] GRILLED CHEESE PANINI[^] Corn Fresh Crunchy Celery Sticks Diced Pears Chocolate Cookie[^] Ranch Milk</p>	<p>March 12, 2020</p> <p>Breakfast VANILLA YOGURT Granola[^] Fresh Banana[*] Grape Juice Milk</p> <p>Lunch CHEESY TACO MEAT VEGGIE NACHO COMBO CHILI Tortilla Rounds[^] Romaine Lettuce Fresh Red Pepper Slices Fresh Apple Slices Taco Sauce & Ranch Milk</p>	<p>March 13, 2020</p> <p>Breakfast APPLE JACKS[^] Maple Breakfast Square[^] Fresh Apple Milk</p> <p>Lunch CRUNCHY CHICKEN TENDERS[^] MAC & CHEESE[^] California Blend Veggies Fresh Pear Snickerdoodle Cookie[^] BBQ Sauce Milk</p>	
<p>March 16, 2020</p> <p>Breakfast RICE KRISPIES[^] Strawberry Pancake Square[^] Craisins Grape Juice Milk</p> <p>Lunch PANCAKES & SAUSAGE[^] Syrup GRILLED CHEESE SANDWICH[^] Tropical Veggie Juice Applesauce Cup Milk</p>	<p>March 17, 2020</p> <p>Breakfast RASPBERRY YOGURT Granola[^] Mixed Fruit Cup Orange-Tangerine Juice Milk</p> <p>Lunch HOMESTYLE SALISBURY STEAK W/GRAVY MONTEREY VEGETARIAN PATTY Wrapped Hamburger Bun[^] Potato Wedges Mixed Fruit Cup Ketchup Milk</p>	<p>March 18, 2020</p> <p>Breakfast BLUEBERRY MUFFIN[^] String Cheese Fresh Apple Milk</p> <p>Lunch PEPPERONI PIZZA[^] CHEESY PARM WRAP[^] Romaine Lettuce Orange-Tangerine Juice Ranch Milk</p>	<p>March 19, 2020</p> <p>Breakfast CORN CHEX[^] Animal Grahams[^] Fresh Orange[*] Fruit Punch Juice Milk</p> <p>Lunch CORN DOG ON A STICK[^] VEGGIE NUGGETS[^] Maple Baked Beans Baby Carrots Fresh Pear[*] Ketchup, Ranch, BBQ Sauce Milk</p>	<p>March 20, 2020</p> <p>Breakfast FROOT LOOPS[^] Vanilla Waffle Square[^] Fresh Apple Milk</p> <p>Lunch CHICKEN TENDERS W/POTATO WEDGES[^] MINI CHEESE RAVIOLI W/SAUCE[^] Country Blend Vegetables Fresh Banana[*] Breadstick (IW)[^] Ketchup & BBQ Sauce Milk</p>	
<p>March 23, 2020</p> <p>Breakfast COCOA PUFFS[^] Graham Crackers[^] Craisins Apple Juice Milk</p> <p>Lunch CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE[^] CHEESE PIZZA[^] Breadstick[^] Green Beans Fresh Apple Milk</p>	<p>March 24, 2020</p> <p>Breakfast STRAWBERRY YOGURT Granola[^] Diced Pears Orange-Tangerine Juice Milk</p> <p>Lunch BAGEL DOG[^] 4-CHEESE PANINI[^] Golden Potato Rounds Diced Pears Ketchup & Mustard Milk</p>	<p>March 25, 2020</p> <p>Breakfast CINNAMON FLAKES[^] Maple Breakfast Square[^] Fresh Apple Milk</p> <p>Lunch CHICKEN TACO VEGETARIAN CHILI W/BEANS Tortilla Rounds[^] Fiesta Beans Fresh Banana Salsa Milk</p>	<p>March 26, 2020</p> <p>Breakfast ENGLISH MUFFIN[^] Assorted Jelly Fresh Banana[*] Diced Peaches Milk</p> <p>Lunch MEATBALL SUB Wrapped Hot Dog Bun[^] MINI CHEESE RAVIOLI W/SAUCE[^] Mixed Vegetables Diced Peaches Milk</p>	<p>March 27, 2020</p> <p>Breakfast String Cheese Peach Mini Loaf[^] Fresh Apple Milk</p> <p>Lunch CORN DOG ON A STICK[^] FRENCH BREAD CHEESE PIZZA[^] Baby Carrots Fresh Broccoli Florets Fresh Pear Ketchup, Mustard, & Ranch Milk</p>	
<p>March 30, 2020</p> <p>Breakfast APPLE JACKS[^] Vanilla Waffle Square[^] Craisins Grape Juice Milk</p> <p>Lunch CHICKEN STRIPS W/SWEET POTATO FRIES[^] CHEESE & GREEN CHILE TAMALE[*] Potato Wedges Diced Pears Ketchup & BBQ Sauce Milk</p>	<p>March 31, 2020</p> <p>Breakfast VANILLA YOGURT Granola[^] Applesauce Cup Fruit Punch Juice Milk</p> <p>Lunch SLOPPY JOE BURGER CHEESY PARM WRAP[^] Diced Carrots Mixed Fruit Cup Milk</p>				

** MENU SUBJECT TO CHANGE **

[^] Denotes item is whole-grain/whole wheat. ^{*} Denotes item is vegetarian.

*This menu is free of peanuts, tree nuts, fish, and shellfish.

*** This institution is an equal opportunity provider.