Springs

March

Flabob Airport Prep Academy 6-8

Breakfast & Lunch Menu

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

*** MENU SUBJECT TO CHANGE ***

*^ Denotes item is whole-grain/whole wheat.*This menu is free of peanuts, tree nuts, fish, and shellfish.*

*** This institution is an equal opportunity provider.*