

Flabob Airport Prep Academy 9-12 Breakfast & Lunch Menu

MONDAY March 2, 2020	TUESDAY March 3, 2020	WEDNESDAY March 4, 2020	THURSDAY March 5, 2020	FRIDAY March 6, 2020
BREAKFAST FROOT LOOPS [^] Animal Grahams [^] Craisins Grape Juice Milk 	BREAKFAST STRAWBERRY BANANA YOGURT Granola [^] Fruit Punch Juice Diced Peas 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 FRENCH TOAST STICKS W/SAUSAGE [^] FRENCH TOAST STICKS W/SCRAMBLED EGGS [*] Sun Splash Veggie Juice Potato Rounds Applesauce Cup Diced Peaches Ketchup & Syrup Milk	Lunch BBQ CHICKEN TOT-CHOS Tortilla Rounds [^] BBQ VEGAN CHICKEN W/CARROTS [*] Wrapped Hamburger Bun [^] Country Blend Vegetables Mixed Fruit Cup Grape Juice Snickerdoodle Cookie [^] Milk	Lunch POPCORN CHICKEN [^] VEGETARIAN BURGER [*] Breadstick [^] Baked Beans Corn Orange-Tangerine Juice Pineapple Tidbits BBQ Sauce, Ketchup, Mustard Milk	Lunch CHICKEN ALFREDO PASTA [^] HEESY PENNE ALFREDO W/BROCCOLI [*] Mixed Vegetables Baby Carrots Fresh Apple Vanilla Cookie [^] Ranch Milk	Lunch BEAN & CHEESE PUPUSA SPICY CHICKEN SANDWICH [^] Romaine Lettuce Light Italian Dressing Green Beans Fresh Banana [*] Diced Peas Hot Sauce & BBQ Sauce Milk
March 9, 2020 Breakfast GOLDEN GRAHAM CEREAL [^] French Toast Breakfast Square [^] Craisins Fruit Punch Juice Milk Lunch MEATLOAF W/TOMATO SAUCE Mashed Potatoes VEGGIE NUGGETS W/ MASHED POTATOES [*] Corn Applesauce Cup Grape Juice Breadstick (IW) [^] Chocolate Cookie [^] BBQ Sauce Milk	March 10, 2020 Breakfast CINNAMON FLAKES [^] Graham Crackers [^] Orange-Tangerine Juice Diced Peaches Milk Lunch CRISPY CHICKEN DRUMSTICK [^] Corn Muffin [^] SOUTHWESTERN BLACK BEAN & CHEESE BURRITO [^] Green Beans Diced Carrots Diced Peas Fruit Punch Juice BBQ Sauce & Hot Sauce Milk	March 11, 2020 Breakfast String Cheese Chocolate Chip Mini Loaf [^] Fresh Apple Milk Lunch CHEESEBURGER MONTEREY VEGETARIAN BURGER [*] Broccoli Mixed Vegetables Diced Peaches Apple Juice Ranch, Ketchup, & Mustard Milk	March 12, 2020 Breakfast VANILLA YOGURT Granola [^] Fresh Banana [*] Grape Juice Milk Lunch MEATBALL SUB CHEESY PARM WRAP [^] Potato Rounds Baked Beans Fresh Orange [*] Pineapple Tidbits Pretzel [^] Milk	March 13, 2020 Breakfast APPLE JACKS [^] Maple Breakfast Square [^] Fresh Apple Milk Lunch MAC & CHEESE [^] CRUNCHY CHICKEN TENDERS [^] California Blend Veggies Baked Beans Fresh Pear [*] Mixed Fruit Cup Snickerdoodle Cookie [^] BBQ Sauce & Ranch Milk
March 16, 2020 Breakfast RICE KRISPIES [^] Strawberry Pancake Square [^] Craisins Grape Juice Milk Lunch BEEF & BEAN CHILI VEGGIE NACHO COMBO CHILI [*] Pickle Chips Fritos [^] Mixed Vegetables Orange Sorbet 100% Juice Diced Peaches Vanilla Cookie [^] Milk	March 17, 2020 Breakfast RASPBERRY YOGURT Granola [^] Mixed Fruit Cup Orange-Tangerine Juice Milk Lunch MINI CORN DOGS [^] GRILLED CHEESE PANINI [^] Potato Rounds Corn Diced Peas Fruit Punch Juice Ketchup, Mustard, & Mayo Milk	March 18, 2020 Breakfast BLUEBERRY MUFFIN [^] String Cheese Fresh Apple Milk Lunch CHICKEN & GREEN CHILE TAMALE PIZZA DIPPERS [^] Marinara Dipping Sauce Diced Carrots Romaine Lettuce Grape Juice Pineapple Tidbits Ranch & Hot Sauce Milk	March 19, 2020 Breakfast CORN CHEX [^] Animal Grahams [^] Fresh Orange [*] Fruit Punch Juice Milk Lunch CHEESY TACO MEAT VEGGIE NUGGETS [^] Wild White Nacho Doritos [^] Refried Beans Jalapenos Baby Carrots Fresh Apple Chocolate Cookie [^] BBQ Sauce & Ranch Milk	March 20, 2020 Breakfast FROOT LOOPS [^] Vanilla Waffle Square [^] Fresh Apple Milk Lunch CHICKEN TENDERS WITH POTATO WEDGES [^] MINI CHEESE RAVIOLI W/SAUCE [^] Country Blend Vegetables Fresh Banana [*] Mixed Fruit Cup Breadstick (IW) [^] Ranch & BBQ Sauce Milk
March 23, 2020 Breakfast COCOA PUFFS [^] Graham Crackers [^] Craisins Apple Juice Milk Lunch SPAGHETTI & MEATBALLS [^] CHEESE PUPUSA [^] Jalapenos Honey Roasted Sunflower Seeds Country Blend Vegetables Orange-Tangerine Juice Diced Peas Snickerdoodle Cookie [^] Hot Sauce Milk	March 24, 2020 Breakfast STRAWBERRY YOGURT Granola [^] Diced Peas Orange-Tangerine Juice Milk Lunch CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE [^] CHEESE LASAGNA [^] Breadstick [^] Mixed Vegetables Diced Peaches Grape Juice Milk	March 25, 2020 Breakfast CINNAMON FLAKES [^] Maple Breakfast Square [^] Fresh Apple Milk Lunch TERIYAKI CHICKEN SANDWICH TERIYAKI VEGAN CHICKEN & RICE [*] French Fries Baby Carrots Mixed Fruit Cup Fresh Banana [*] Multi Grain Sun Chips [^] Ketchup & Ranch Milk	March 26, 2020 Breakfast ENGLISH MUFFIN [^] Assorted Jelly Fresh Banana [*] Diced Peaches Milk Lunch RIB-B-QUE VEGGIE BURGER [*] Potato Wedges Baked Beans Corn Fresh Apple Ketchup & Mustard Milk	March 27, 2020 Breakfast String Cheese Peach Mini Loaf [^] Fresh Apple Milk Lunch CORN DOG ON A STICK [^] FRENCH BREAD CHEESE PIZZA [^] Fresh Broccoli Florets Diced Carrots Fresh Pear [*] Pineapple Tidbits Ranch, Ketchup, & Mustard Milk
March 30, 2020 Breakfast APPLE JACKS [^] Vanilla Waffle Square [^] Craisins Grape Juice Milk Lunch CHICKEN STRIPS W/SWEET POTATO FRIES [^] CHEESE & GREEN CHILE TAMALE [*] Potato Wedges Mixed Vegetables String Cheese Diced Peas Fruit Punch Juice Vanilla Cookie [^] BBQ Sauce, Hot Sauce, & Ranch Milk	March 31, 2020 Breakfast VANILLA YOGURT Granola [^] Applesauce Cup Fruit Punch Juice Milk Lunch SLOPPY JOE BURGER CHEESY PARM WRAP [^] Sun Splash Veggie Juice Diced Carrots Mixed Fruit Cup Craisins Milk			

** 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.