Springs

March

Flabob Airport Prep Academy 9-12

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 Green Beans Mixed Fruit Cup Fruit Punch Juice Vanilla Cookie ^ BBQ Sauce Milk	**Lunch** RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY Wrapped Hamburger Bun ^ Potato Rounds Mixed Vegetables Applesauce Cup Orange-Tangerine Juice Ketchup, Mustard, & Ranch Milk	**Lunch** MACARONI & CHEESE HOT DOG Wrapped Hot Dog Bun ^ Diced Carrots Fresh Broccoli Florets Fresh Banana Grape Juice Multi Grain Sun Chips ^ Ranch, Ketchup, & Mustard Milk	**Lunch** SLOPPY JOE Wrapped Hamburger Bun ^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Baby Carrots Maple Baked Beans Fresh Apple Hot Sauce & Ranch Milk	**Lunch** PIZZA DIPPERS ^ CHEESEBURGER Wrapped Hamburger Bun ^ Pickle Chips Country Blend Vegetables Fresh Pear* Apple Juice Ketchup & Mustard 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** CRUNCHY CHICKEN TENDERS ^ MINI CHEESE RAVIOLI W/SAUCE ^ Green Beans Sweet Potato Fries Orange-Tangerine Juice Applesauce Cup Breadstick (IW)^ Ketchup Milk	**Breakfast** CINNAMON FLAKES ^ Graham Crackers ^ Orange-Tangerine Juice Diced Peaches Milk **Lunch** RIB-B-QUE Wrapped Hamburger Bun ^ BEAN & CHEESE BURRITO French Fries Mixed Vegetables Diced Peaches Grape Juice Ketchup & Salsa Milk	**Breakfast** String Cheese Chocolate Chip Mini Loaf ^ Fresh Apple Milk **Lunch** MEATLOAF PANINI ^ GRILLED CHEESE PANINI ^ Corn Potato Rounds Diced Pears Apple Juice Chocolate Cookie ^ 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 Crunchy Celery Sticks Fresh Apple Vanilla Cookie ^ Taco Sauce & Ranch Milk	**Breakfast** APPLE JACKS ^ Maple Breakfast Square ^ Fresh Apple Milk **Lunch** CRISPY CHICKEN DRUMSTICK ^ Corn Muffin ^ VEGETARIAN BURGER Wrapped Hamburger Bun ^ Maple Baked Beans Diced Carrots Fresh Banana Fruit Punch Juice BBQ Sauce, Ketchup, & Mustard 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 ^ GRILLED CHEESE SANDWICH ^ Potato Rounds Sun Splash Veggie Juice Applesauce Cup Grape Juice Ketchup & Syrup 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 Green Beans Mixed Fruit Cup Apple Juice Ketchup & BBQ Sauce Milk	**Breakfast** BLUEBERRY MUFFIN ^ String Cheese Fresh Apple Milk **Lunch** PEPPERONI PIZZA ^ CHEESY PARM WRAP ^ French Fries Romaine Lettuce Diced Peaches Orange-Tangerine Juice Cheddar Sun Chips ^ Ketchup & Ranch Milk	**Breakfast** CORN CHEX ^ Animal Grahams ^ Fresh Orange* Fruit Punch Juice Milk **Lunch** CORN DOG ON A STICK^ VEGGIE NUGGETS ^ Maple Baked Beans Mixed Vegetables Fresh Apple Snickerdoodle Cookie ^ BBQ Sauce, Ketchup, & Ranch Milk	**Breakfast** FROOT LOOPS^ Vanilla Waffle Square ^ Fresh Apple Milk **Lunch** CHICKEN & GREEN CHILE TAMALE SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Jalapenos Diced Carrots Fresh Crunchy Celery Sticks Fresh Banana Orange-Tangerine Juice Ranch & Hot Sauce 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 ^ Breadstick ^ CHEESE PIZZA ^ Country Blend Vegetables Applesauce Cup Orange-Tangerine Juice Milk	**Breakfast** STRAWBERRY YOGURT Granola ^ Diced Pears Orange-Tangerine Juice Milk **Lunch** BAGEL DOG ^ 4-CHEESE PANINI ^ Green Beans Potato Rounds Diced Pears Fruit Punch Juice Ketchup & Mustard Milk	**Breakfast** CINNAMON FLAKES ^ Maple Breakfast Square ^ Fresh Apple Milk **Lunch** CHICKEN TACO VEGETARIAN CHILI W/BEANS Tortilla Rounds ^ Jalapenos Fiesta Beans Baby Carrots Fresh Banana Mixed Fruit Cup Chocolate Cookie ^ Salsa & Ranch Milk	**Breakfast** ENGLISH MUFFIN ^ Assorted Jelly Fresh Banana* Diced Peaches Milk **Lunch** *NATIONAL PASTA DAY* MEATBALL SUB Wrapped Hot Dog Bun ^ MINI CHEESE RAVIOLI W/SAUCE ^ Mixed Vegetables Fresh Apple Multi Grain Sun Chips ^ Milk	**Breakfast** String Cheese Peach Mini Loaf ^ Fresh Apple Milk **Lunch** TERIYAKI CHICKEN PATTY VEGETARIAN BURGER Wrapped Hamburger Bun ^ Romaine Lettuce Diced Carrots Diced Peaches Orange-Tangerine Juice Ranch, Ketchup, & Mustard Milk
March 30, 2020	**March 31, 2020**			
Breakfast APPLE JACKS ^ Vanilla Waffle Square ^ Craisins Grape Juice Milk **Lunch** PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ CHEESE PIZZA ^ Country Blend Vegetables Mixed Fruit Cup Orange-Tangerine Juice Milk	**Breakfast** VANILLA YOGURT Granola ^ Applesauce Cup Fruit Punch Juice Milk **Lunch** CHEESE & GREEN CHILE TAMALE CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ String Cheese Maple Baked Beans Sun Splash Veggie Juice Diced Pears Grape Juice 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.*