



# February

## Flabob Airport Preparatory Academy 6-8

### Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 3, 2020 <b>Breakfast</b> GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Craisins Fruit Punch Juice Milk  <b>Lunch</b> CHICKEN RANCH FLATBREAD ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Mixed Vegetables Applesauce Cup Milk	February 4, 2020 <b>Breakfast</b> COCOA PUFFS ^ Graham Crackers ^ Orange-Tangerine Juice Diced Peaches Milk  <b>Lunch</b> TOASTY TUESDAY** 4-CHEESE PANINI ^ CHEESEBURGER ^ Pickle Chips Tomato Soup^ Diced Pears Mustard & Ketchup Milk	February 5, 2020 <b>Breakfast</b> String Cheese Chocolate Chip Mini Loaf ^ Fresh Apple Milk  <b>Lunch</b> CHEESE & GREEN CHILE TAMALE CRISPY CHICKEN DRUMSTICK ^ Corn Muffin ^ Maple Baked Beans Fresh Red Pepper Slices Fresh Orange* Hot Sauce, BBQ, Ranch Milk	February 6, 2020 <b>Breakfast</b> VANILLA YOGURT Granola ^ Fresh Banana Grape Juice Milk  <b>Lunch</b> CHEESY TACO MEAT VEGGIE CHICKEN DRUMSTICK ^ Tortilla Rounds ^ Romaine Lettuce Fresh Apple Slices Jalapenos Ranch Milk	February 7, 2020 <b>NO SCHOOL</b>
February 10, 2020 <b>Breakfast</b> TRIX ^ Strawberry Pancake Square ^ Craisins Grape Juice Milk  <b>Lunch</b> PARMESAN POPCORN CHICKEN & PASTA ^ SPAGHETTI W/VEGGIE MEATBALLS Breadstick (IW)^ Mixed Vegetables Applesauce Cup Milk	February 11, 2020 <b>Breakfast</b> RASPBERRY YOGURT Granola ^ Mixed Fruit Cup Orange-Tangerine Juice Milk  <b>Lunch</b> DELI SUB SANDWICH ^ VEGGIE NUGGETS W/POTATO WEDGES ^ Pretzel ^ Corn Diced Peaches Pickle Chips Milk	February 12, 2020 <b>Breakfast</b> BLUEBERRY MUFFIN^ String Cheese Fresh Apple Milk  <b>Lunch</b> GENERAL TSO'S CHICKEN & NOODLES ^ GENERAL TSO'S VEGAN CHICKEN W/NOODLES Broccoli Fresh Green Peppers Fresh Banana Ranch Milk	February 13, 2020 <b>Breakfast</b> LEMON LOAF ^ Fresh Orange* Fruit Punch Juice Milk  <b>Lunch</b> MEATLOAF PANINI ^ VEGETARIAN BURGER Wrapped Hamburger Bun ^ Maple Baked Beans Sun Splash Veggie Juice Fresh Apple Slices Ketchup Milk	February 14, 2020 <b>Breakfast</b> CORN CHEX ^ Vanilla Waffle Square ^ Fresh Apple Milk  <b>Lunch</b> FRENCH BREAD CHEESE PIZZA^ CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ Romaine Lettuce Fresh Cucumber Slices Light Italian Dressing Mixed Fruit Cup Milk
February 17, 2020 <b>PRESIDENTS DAY</b>	February 18, 2020 <b>Breakfast</b> STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk  <b>Lunch</b> SLOPPY JOE Wrapped Hamburger Bun ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Mixed Vegetables Orange-Tangerine Juice Milk	February 19, 2020 <b>Breakfast</b> CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple Milk  <b>Lunch</b> BEAN & CHEESE PUPUSA CHARBROILED HAMBURGER Wrapped Hamburger Bun ^ Whole Kernel Corn Fresh Crunchy Celery Sticks Fresh Pear* Ketchup, Hot Sauce, Ranch Milk	February 20, 2020 <b>Breakfast</b> ENGLISH MUFFIN ^ Assorted Jelly Fresh Banana Diced Peaches Milk  <b>Lunch</b> CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Maple Baked Beans Fresh Orange* Milk	February 21, 2020 <b>Breakfast</b> String Cheese Peach Mini Loaf ^ Fresh Apple Milk  <b>Lunch</b> HOMESTYLE SALISBURY STEAK W/GRAVY MONTEREY VEGETARIAN PATTY Wrapped Hamburger Bun ^ Mashed Potatoes Romaine Lettuce Diced Peaches BBQ & Ranch Milk
February 24, 2020 <b>Breakfast</b> APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Grape Juice Milk  <b>Lunch</b> PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ VEGETARIAN CHICKEN TINGA W/CORN IW Soft Tortilla ^ Green Beans Mixed Fruit Cup Milk	February 25, 2021 <b>Breakfast</b> VANILLA YOGURT Granola ^ Applesauce Cup Fruit Punch Juice Milk  <b>Lunch</b> CHICKEN TACO VEGETARIAN CHILI W/BEANS Corn Diced Pears Wild White Nacho Doritos^ Milk	February 26, 2022 <b>Breakfast</b> BANANA MUFFIN ^ String Cheese Fresh Apple Milk  <b>Lunch</b> CHICKEN & GREEN CHILE TAMALE VEGETARIAN BURGER Wrapped Hamburger Bun ^ Baby Carrots Romaine Lettuce Orange-Tangerine Juice Ketchup, Mustard, Ranch, Hot Sauce Milk	February 27, 2023 <b>Breakfast</b> WHOLE WHEAT BAGEL Cream Cheese Fresh Pear* Orange-Tangerine Juice Milk  <b>Lunch</b> VEGGIE NUGGETS W/POTATO WEDGE Pretzel ^ HOT DOG W/POTATO ROUNDS Wrapped Hot Dog Bun ^ Maple Baked Beans Fresh Apple Ketchup & Mustard Milk	February 28, 2024 <b>Breakfast</b> CINNAMON TOAST CRUNCH ^ French Toast Breakfast Square ^ Fresh Apple Milk  <b>Lunch</b> RIB-B-QUE Wrapped Hamburger Bun ^ FRENCH TOAST STICKS W/SCRAMBLED EGGS Syrup French Fries Fresh Banana Ketchup 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.