December

Flabob Airport Prepatory Academy 6-8

Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 2, 2019	**December 3, 2019**	**December 4, 2019**	**December 5, 2019**	**December 6, 2019**
Breakfast COCOA PUFFS ^ Graham Crackers ^ Craisins Orange-Tangerine Juice Milk **Lunch** MAC & CHEESE ^ POPCORN CHICKEN ^ Country Blend Vegetables Applesauce Cup BBQ Sauce Milk	**Breakfast** STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk **Lunch** SLOPPY JOE Wrapped Hamburger Bun ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Mixed Vegetables Orange-Tangerine Juice Milk	**Breakfast** CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple Milk **Lunch** BEAN & CHEESE PUPUSA CHARBROILED HAMBURGER Wrapped Hamburger Bun ^ Fresh Crunchy Celery Sticks Fresh Pear* Ketchup, Mustard, & Fat Free Ranch Hot Sauce Whole Kernel Corn Milk	**Breakfast** ENGLISH MUFFIN ^ Assorted Jelly Fresh Banana Diced Peaches Milk **Lunch** CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Maple Baked Beans Fresh Orange* Milk	**Breakfast** String Cheese Peach Mini Loaf ^ Fresh Apple Assorted Jelly Milk **Lunch** HOMESTYLE SALISBURY STEAK W/GRAVY MONTEREY VEGETARIAN PATTY Wrapped Hamburger Bun ^ Mashed Potatoes Romaine Lettuce Diced Peaches BBQ Sauce & Fat Free Ranch Milk
December 9, 2019	**December 10, 2019**	**December 11, 2019**	**December 12, 2019**	**December 13, 2019**
Breakfast APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Grape Juice Milk **Lunch** PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ VEGETARIAN CHICKEN TINGA W/CORN IW Soft Tortilla ^ Green Beans Mixed Fruit Cup Milk	**Breakfast** VANILLA YOGURT Granola ^ Applesauce Cup Fruit Punch Juice Milk **Lunch** *NEW ITEM* CHICKEN TACO VEGETARIAN CHILI WITH BEANS Wild White Nacho Doritos^ Corn Diced Pears Milk	**Breakfast** BANANA MUFFIN ^ String Cheese Fresh Apple Milk **Lunch** CHICKEN & GREEN CHILE TAMALE VEGETARIAN BURGER Wrapped Hamburger Bun ^ Baby Carrots Romaine Lettuce Orange-Tangerine Juice Ketchup, Mustard, & Fat Free Ranch Milk	**Breakfast** WHOLE WHEAT BAGEL Cream Cheese Fresh Pear* Orange-Tangerine Juice Milk **Lunch** VEGGIE NUGGETS W/POTATO WEDGES ^ HOT DOG W/ POTATO ROUNDS Wrapped Hot Dog Bun ^ Maple Baked Beans Fresh Apple Ketchup, Mustard, & BBQ Sauce Milk	**Breakfast** CINNAMON TOAST CRUNCH ^ French Toast Breakfast Square ^ Fresh Apple Milk **Lunch** RIB-B-QUE Wrapped Hamburger Bun ^ FRENCH TOAST STICKS WITH SCRAMBLED EGGS French Fries Fresh Banana Ketchup & Syrup Milk
December 16, 2019	**December 17, 2019**	**December 18, 2019**	**December 19, 2019**	**December 20, 2019**
Breakfast FRUITY CHEERIOS ^ Animal Grahams ^ Craisins Apple Juice Milk **Lunch** *NEW RECIPE!*** BEEF & BEAN CHILI CHEESY PARM WRAP ^ Corn Muffin ^ Mixed Vegetables Diced Peaches Milk	**Breakfast** STRAWBERRY BANANA YOGURT Granola ^ Fruit Punch Juice Diced Pears Milk **Lunch** CHEESE PUPUSA CHICKEN TENDERS WITH POTATO WEDGES ^ Green Beans Orange-Tangerine Juice Jalapenos Ketchup, BBQ Sauce, & Hot Sauce Milk	**Breakfast** FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Milk **Lunch** BBQ CHICKEN VEGGIE BURGER POTATO WEDGES Wrapped Hamburger Bun ^ Maple Baked Beans Fresh Banana Sriracha Ketchup & Mustard Milk	**Breakfast** RICE CHEX ^ Strawberry Pancake Square ^ Fresh Banana Orange-Tangerine Juice Milk **Lunch** HOLIDAY MEAL** CHEESE LASAGNA ^ CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ Pickle Chips Romaine Lettuce Fresh Pear* Chocolate Cookie ^ Light Italian Dressing & BBQ Sauce Milk	**Breakfast** String Cheese Cherry Mini Loaf ^ Fresh Apple Milk **Lunch** BAGEL DOG ^ SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Corn Baby Carrots Mixed Fruit Cup Ketchup, Mustard, & Fat Free Ranch Milk
December 23, 2019	**December 24, 2019**	**December 25, 2019**	**December 26, 2019**	**December 27, 2019**
Winter		Break		
December 30, 2019	**December 31, 2019**			
Winter Break Con.				

*** 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.*