

january

Flabob Airport Preparatory Academy 6-8

Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
January 6, 2020	January 7, 2020	January 8, 2020	January 9, 2020	January 10, 2020
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
January 13, 2020	January 14, 2020	January 15, 2020	January 16, 2020	January 17, 2020
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 ^ Mixed Vegetables Orange-Tangerine Juice Marinara Dipping Sauce Milk	Breakfast CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple Milk Lunch BEAN & CHEESE PUPUSA CHARBROILED HAMBURGER Wrapped Hamburger Bun ^ Whole Kernel Corn Fresh Crunchy Celery Sticks Fresh Pear* Ketchup, Mustard, Hot Sauce, Ranch Milk	Breakfast ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Maple Baked Beans Fresh Orange* Milk	Breakfast Peach Mini Loaf ^ String Cheese Fresh Apple Assorted Jelly Milk Lunch HOMESTYLE SALISBURY STEAK W/GRAVY MONTEREY VEGETARIAN PATTY Wrapped Hamburger Bun ^ Mashed Potatoes Romaine Lettuce Diced Peaches Ranch & BBQ Sauce Milk
January 20, 2020	January 21, 2020	January 22, 2020	January 23, 2020	January 24, 2020
Martin Luther King Jr.	Breakfast VANILLA YOGURT Granola ^ Applesauce Cup Fruit Punch Juice Milk Lunch CHICKEN TACO VEGETARIAN CHILI W/BEANS Corn Diced Pears Wild White Nacho Doritos^ 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, Hot Sauce, 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, BBQ Sauce Milk	Breakfast CINNAMON TOAST CRUNCH ^ French Toast Breakfast Square ^ Fresh Apple Milk Lunch RIB-B-QUE Wrapped Hamburger Bun ^ FRENCH TOAST STICKS W/SCRAMBLED EGGS French Fries Fresh Banana Ketchup, Syrup Milk
January 27, 2020	January 28, 2020	January 29, 2020	January 30, 2020	January 31, 2020
Breakfast FRUITY CHEERIOS ^ Animal Grahams ^ Craisins Apple Juice Milk Lunch BEEF & BEAN CHILI Corn Muffin ^ CHEESY PARM WRAP ^ Mixed Vegetables Diced Peaches Milk	Breakfast STRAWBERRY BANANA YOGURT Granola ^ Diced Pears Fruit Punch Juice Milk Lunch CHEESE PUPUSA CHICKEN TENDERS WITH POTATO WEDGES ^ Green Beans Jalapenos Orange-Tangerine Juice 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 Ketchup, Mustard Milk	Breakfast RICE CHEX ^ Strawberry Pancake Square ^ Fresh Banana Orange-Tangerine Juice Milk Lunch CHEESE LASAGNA ^ CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ Pickle Chips Romaine Lettuce Fresh Pear* Chocolate Cookie ^ BBQ Sauce, Ranch 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, Ranch 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.