

NOVEMBER

Flabob Airport Preparatory Academy 6-8 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				November 1, 2019 Breakfast CHEERIOS Maple Breakfast Square Grape Juice Applesauce Cup Milk Lunch PIZZA DIPPERS ^ Marinara Dipping Sauce CHEESEBURGER w/Bun Sun Splash Veggie Juice Green Beans Fresh Pear* Ketchup & Mustard Milk
November 4, 2019 Breakfast FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Craisins Milk Lunch CHICKEN STRIPS W/SWEET POTATO PUFFS ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Green Beans Fresh Orange* BBQ Sauce Milk	November 5, 2019 Breakfast APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice Peach Cup Milk Lunch RIB-B-QUE Wrapped Hamburger Bun ^ BEAN & CHEESE BURRITO ^ French Fries Diced Peaches Ketchup Salsa Milk	November 6, 2019 Breakfast FROSTED CORN FLAKES Animal Graham Crackers Strawberry-Kiwi Juice Craisins Milk Lunch MEATLOAF PANINI ^ GRILLED CHEESE PANINI ^ Corn Fresh Crunchy Celery Sticks Diced Pears Chocolate Cookie ^ Fat Free Ranch Dressing Milk	November 7, 2019 Breakfast COCOA PUFFS Strawberry Square Grape Juice Applesauce Cup Milk Lunch CHEESY TACO MEAL VEGGIE NACHO COMBO CHILI Tortilla Rounds ^ Romaine Lettuce Fresh Red Pepper Slices Fresh Apple Slices Taco Sauce Fat Free Ranch Dressing Milk	November 8, 2019 Breakfast CINNAMON CHEX Graham Crackers Orange-Tangerine Juice Peach Cup Milk Lunch CRISPY CHICKEN DRUMSTICK ^ Corn Muffin ^ VEGETARIAN BURGER Maple Baked Beans Baby Carrots Fresh Banana Fat Free Ranch Dressing Ketchup, Mustard, & BBQ Sauce Milk
November 11, 2019  veterans day <h1>No School</h1>	November 12, 2019 No School	November 13, 2019 Breakfast TRIX CEREAL Graham Crackers Strawberry-Kiwi Juice Craisins Milk Lunch PEPPERONI PIZZA ^ CHEESY PARM WRAP ^ Romaine Lettuce Light Ranch Dressing Orange-Tangerine Juice Milk	November 14, 2019 Breakfast CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice Peach Cup Milk Lunch CORN DOG ON A STICK ^ VEGGIE NUGGETS ^ Maple Baked Beans Baby Carrots Fresh Pear* Light Ranch Dressing Ketchup, Mustard, & BBQ Sauce Milk	November 15, 2019 Breakfast CHEERIOS Maple Breakfast Square Grape Juice Applesauce Cup Milk Lunch CHICKEN & GREEN CHILE TAMALE SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Jalapenos Diced Carrots Fresh Banana Taco & Hot Sauce Milk
November 18, 2019 Breakfast FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Craisins Milk Lunch CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ CHEESE PIZZA ^ Breadstick ^ Green Beans Fresh Apple Milk	November 19, 2019 Breakfast APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice Peach Cup Milk Lunch BAGEL DOG ^ 4-CHEESE PANINI ^ Mixed Vegetables Diced Pears Ketchup Mustard Milk	November 20, 2019 Breakfast FROSTED CORN FLAKES Animal Graham Crackers Strawberry-Kiwi Juice Craisins Milk Lunch CHICKEN TACO VEGETARIAN CHILI WITH BEANS Tortilla Rounds ^ Fiesta Beans Fresh Banana Salsa Milk	November 21, 2019 Breakfast COCOA PUFFS Strawberry Square Grape Juice Applesauce Cup Milk Lunch MEATBALL SUB Wrapped Hot Dog Bun ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Golden Potato Rounds Diced Peaches Milk	November 22, 2019 Breakfast CINNAMON CHEX Graham Crackers Orange-Tangerine Juice Peach Cup Milk Lunch TURKEY W/STUFFING GRAVY SWEET POTATOES ^ Whole Wheat Dinner Roll^ VEGETARIAN BURGER Baby Carrots Romaine Lettuce Fresh Pear* Fat Free Ranch Dressing Ketchup & Mustard Milk
November 25, 2019 Thanksgiving	November 26, 2019 Thanksgiving	November 27, 2019 Thanksgiving	November 28, 2019  Happy Thanksgiving	November 29, 2019 Thanksgiving break

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% OR FAT FREE MILK

^ 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.

** MENU SUBJECT TO CHANGE **