December

Flabob Airport Prepatory Academy 9-12

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 Jalapenos Applesauce Cup Grape Juice Vanilla Cookie ^ 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 Mixed Fruit Cup Marinara Dipping Sauce Milk	**Breakfast** CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple Milk **Lunch** BEAN & CHEESE PUPUSA CHARBROILED HAMBURGER Wrapped Hamburger Bun ^ Corn Fresh Crunchy Celery Sticks Fresh Banana* Pineapple Tidbits layo, Ketchup, Mustard, Ranch, & Hot Sauc Milk	**Breakfast** ENGLISH MUFFIN ^ Assorted Jelly Fresh Banana Diced Peaches Milk **Lunch** CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Baked Beans Fresh Apple Multi Grain Sun Chips ^ 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 Grape Juice Ranch & Ketchup 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 Fruit Punch Juice 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 Apple Juice Snickerdoodle Cookie ^ Milk	**Breakfast** BANANA MUFFIN ^ String Cheese Fresh Apple Milk **Lunch** CHICKEN & GREEN CHILE TAMALE VEGETARIAN BURGER Wrapped Hamburger Bun ^ Romaine Lettuce FRESH RED PEPPER SLICES Orange-Tangerine Juice Diced Peaches Ketchup, Ranch, & Hot Sauce 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 Pretzel ^ Ketchup, BBQ Sauce, & Mustard 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 Baby Carrots Fresh Banana Pineapple Tidbits Ketchup, Ranch, & 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 Corn Muffin ^ CHEESY PARM WRAP ^ Baby Carrots Mixed Vegetables Diced Peaches Grape Juice Light Ranch Dressing Milk	**Breakfast** STRAWBERRY BANANA YOGURT Granola ^ Fruit Punch Juice Diced Pears Milk **Lunch** CHEESE PUPUSA CHICKEN TENDERS W/POTATO WEDGES^ Breadstick ^ Honey Roasted Sunflower Seeds Country Blend Vegetables Pineapple Tidbits Orange-Tangerine Juice Hot Sauce Jalapenos Milk	**Breakfast** FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Milk **Lunch** BBQ CHICKEN VEGGIE BURGER POTATO WEDGES Wrapped Hamburger Bun ^ Baked Beans Pickle Chips Fresh Banana Diced Pears Sriracha Ketchup & Mustard Milk	**Breakfast** RICE CHEX ^ Strawberry Pancake Square ^ Fresh Banana Orange-Tangerine Juice Milk **Lunch** HOLIDAY MEAL** CHEESE LASAGNA ^ SPICY CHICKEN FILLET ^ Wrapped Hamburger Bun ^ Romaine Lettuce Fresh Apple Chocolate Cookie ^ BBQ Sauce & Ranch Sun Splash Veggie Juice Milk	**Breakfast** String Cheese Cherry Mini Loaf ^ Fresh Apple Milk **Lunch** BAGEL DOG ^ SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Corn Fresh Crunchy Celery Sticks Mixed Fruit Cup Fruit Punch Juice Cheddar Sun Chips ^ Ketchup, Mustard, & 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.***