

Flabob Airport Preparatory Academy 9-12

Breakfast & Lunch Menu

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