

January

Flabob Airport Preparatory Academy 9-12

Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Winter Break	Winter Break	January 1, 2020 Winter Break	January 2, 2020 Winter Break	January 3, 2020 Winter Break
January 6, 2020 Winter Break	January 7, 2020 Winter Break	January 8, 2020 Winter Break	January 9, 2020 Winter Break	January 10, 2020 Winter Break
January 13, 2020 Breakfast COCOA PUFFS ^ Graham Crackers ^ Craisins Orange-Tangerine Juice Milk Lunch MAC & CHEESE ^ POPCORN CHICKEN ^ Country Blend Vegetables Applesauce Cup Jalapenos Vanilla Cookie ^ Grape Juice BBQ Sauce Milk	January 14, 2020 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	January 15, 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 Mayo,Ketchup,Mustard,Hot Sauce,Ranch Milk	January 16, 2020 Breakfast ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Baked Beans Fresh Apple Multi Grain Sun Chips ^ Milk	January 17, 2020 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 Grape Juice Mayonnaise, Ranch Milk
January 20, 2020 Martin Luther King Jr.	January 21, 2020 Breakfast VANILLA YOGURT Granola ^ Applesauce Cup Fruit Punch Juice Milk Lunch CHICKEN TACO VEGETARIAN CHILI WITH BEANS Corn Diced Pears Wild White Nacho Doritos^ Snickerdoodle Cookie ^ Apple Juice Milk	January 22, 2020 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 Hot Sauce, Ketchup, Mustard, Ranch Milk	January 23, 2020 Breakfast WHOLE WHEAT BAGEL Cream Cheese Fresh Pear* Orange-Tangerine Juice Milk Lunch VEGGIE NUGGETS W/POTATO WEDGES ^ HOT DOG WITH POTATO ROUNDS Wrapped Hot Dog Bun ^ Maple Baked Beans Fresh Apple Pretzel ^ BBQ Sauce, Ketchup Milk	January 24, 2020 Breakfast CINNAMON TOAST CRUNCH ^ French Toast Breakfast Square ^ Fresh Apple Milk Lunch RIB-B-QUE FRENCH TOAST STICKS WITH SCRAMBLED EGGS French Fries Baby Carrots Fresh Banana Pineapple Tidbits Ketchup, Ranch, Syrup Milk
January 27, 2020 Breakfast FRUITY CHEERIOS ^ Animal Grahams ^ Craisins Apple Juice Milk Lunch BEEF & BEAN CHILI CHEESY PARM WRAP ^ Corn Muffin ^ Baby Carrots Mixed Vegetables Diced Peaches Grape Juice Ranch Milk	January 28, 2020 Breakfast STRAWBERRY BANANA YOGURT Granola ^ Diced Pears Fruit Punch Juice Milk Lunch CHEESE PUPUSA CHICKEN TENDERS WITH POTATO WEDGES ^ Breadstick ^ Jalapenos Honey Roasted Sunflower Seeds Country Blend Vegetables Pineapple Tidbits Orange-Tangerine Juice Ketchup, BBQ, Hot Sauce Milk	January 29, 2020 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 Milk	January 30, 2020 Breakfast RICE CHEX ^ Strawberry Pancake Square ^ Fresh Banana Orange-Tangerine Juice Milk Lunch CHEESE LASAGNA ^ SPICY CHICKEN FILLET ^ Wrapped Hamburger Bun ^ Sun Splash Veggie Juice Romaine Lettuce Fresh Apple Chocolate Cookie ^ BBQ Sauce, Ranch Milk	January 31, 2020 Breakfast String Cheese Cherry Mini Loaf ^ Fresh Apple Milk Lunch BAGEL DOG ^ S/W BLACK BEAN & CHEESE BURRITO ^ Corn Fresh Crunchy Celery Sticks Mixed Fruit Cup Cheddar Sun Chips ^ Fruit Punch Juice Ketchup, Mustard 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.