



Flabob Airport Preparatory Academy 9-12

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 Pickle Chips Country Blend Vegetables Fresh Pear* Apple Juice Ketchup & Mustard Milk
November 4, 2019 Breakfast FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Craisins Milk Lunch CRUNCHY CHICKEN TENDERS ^ BBQ Sauce MINI CHEESE RAVIOLI WITH SAUCE ^ Green Beans Orange-Tangerine Juice Applesauce Cup Breadstick (IW)^ Ketchup 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 Mixed Vegetables Diced Peaches Grape Juice 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 Potato Rounds Diced Pears Apple Juice Chocolate Cookie ^ Milk	November 7, 2019 Breakfast COCOA PUFFS Strawberry Square Grape Juice Applesauce Cup Milk Lunch CHEESY TACO MEAT VEGGIE NACHO COMBO CHILI Tortilla Rounds ^ Romaine Lettuce Fresh Red Pepper Slices Fresh Crunchy Celery Sticks Fresh Apple Vanilla Cookie ^ Salsa & Light 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 Diced Carrots Fresh Banana Fruit Punch Juice BBQ Sauce, Ketchup, & Mustard Milk
November 11, 2019 No School	November 12, 2019	November 13, 2019 Breakfast TRIX CEREAL Graham Crackers Strawberry-Kiwi Juice Craisins Milk Lunch PEPPERONI PIZZA ^ CHEESY PARM WRAP ^ French Fries Romaine Lettuce Diced Peaches Orange-Tangerine Juice Cheddar Sun Chips ^ Ketchup & Light Ranch Dressing 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 Mixed Vegetables Fresh Apple Snickerdoodle Cookie ^ Ketchup, Mustard, & BBQ Sauce Milk	November 15, 2019 Breakfast CHEERIOS Maple Breakfast Square Grape Juice Applesauce Cup Milk Lunch CHICKEN & GREEN CHILE TAMALE BLACK BEAN & CHEESE BURRITO^ Fresh Crunchy Celery Sticks Diced Carrots Jalapenos Fresh Banana Orange-Tangerine Juice Hot Sauce, Taco Sauce, & Light Ranch Dressing Milk
November 18, 2019 Breakfast FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Craisins Milk Lunch CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ CHEESE PIZZA ^ Country Blend Vegetables Applesauce Cup Orange-Tangerine Juice Milk	November 19, 2019 Breakfast APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice Peach Cup Milk Lunch BAGEL DOG ^ 4-CHEESE PANINI ^ Green Beans Corn Diced Pears Fruit Punch Juice 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 ^ Jalapenos Fiesta Beans Baby Carrots Fresh Banana Mixed Fruit Cup Chocolate Cookie ^ Salsa & Light Ranch Dressing 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 ^ Mixed Vegetables Fresh Apple Multi Grain Sun Chips ^ 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	November 26, 2019	November 27, 2019	November 28, 2019 break	November 29, 2019

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