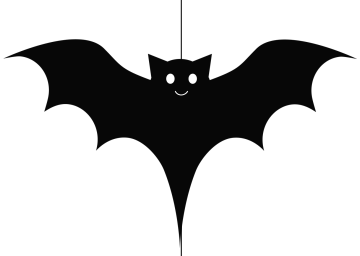
SPRINGS CHARTER SCHOOLS
FAPA
FLABOB AIRPORT PREPARATORY ACADEMY

October 2021

K-8 Breakfast & Lunch

				FRIDAY
				October 1, 2021
				**BREAKFAST** FRUITY CHEERIOS^, Strawberry Pancake Square^, Fresh Apple, Milk **LUNCH** CHEESY MEATBALL MAC, Fresh Broccoli Florets, Fresh Baby Carrots, Fresh Banana, Ranch Dressing, Milk **Vegetarian Option** CHEESE PENNE BAKE^, Fresh Broccoli Florets, Fresh Baby Carrots, Fresh Banana, Ranch Dressing, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 4, 2021	**October 5, 2021**	**October 6, 2021**	**October 7, 2021**	**October 8, 2021**
BREAKFAST FROSTED FLAKES^, Apple Bar^, Dried Cranberries, Orange-Tangerine Juice, Milk **LUNCH** SLOPPY JOE BURGER^, Green Beans, Diced Pears, Sun Splash Veggie Juice, Milk **Vegetarian Option** CHEESE PUPUSA^, Green Beans, Diced Pears, Sun Splash Veggie Juice, Milk	**BREAKFAST** STRAWBERRY YOGURT, Granola^, Pineapple Tidbits, Grape Juice, Milk **LUNCH** HOMESTYLE SALISBURY STEAK W/GRAVY, California Blend Veggies, Diced Peaches, Milk **Vegetarian Option** MONTEREY VEGETARIAN PATTY, Hamburger Bun^, California Blend Veggies, Diced Peaches, Milk	**BREAKFAST** RICE KRISPIES^, Honey Grahams^, Fresh Apple, Milk **LUNCH** GRILLED CHEESE PANINI^, Potato Wedges, Diced Peaches, Ketchup, Milk	**BREAKFAST** PILLSBURY GRAPE CRESCENT^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** CHEESEBURGER^, Baked Beans, Sunset Juice, Fresh Apple Slices, Ketchup, Milk **Vegetarian Option** MINI CHEESE RAAVIOLI W/SAUCE^, Sunset Juice, Fresh Apple Slices, Milk	**BREAKFAST** BLUBERRY MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** TURKEY & CHEESE SANDWICH^, Country Blend Veggies, Fresh Banana, Mayo, Milk **Vegetarian Option** BEAN & CHEESE BURRITO^, Country Blend Veggies, Fresh Banana, Taco Sauce, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 11, 2021	**October 12, 2021**	**October 13, 2021**	**October 14, 2021**	**October 15, 2021**
BREAKFAST FRUITY CHEERIOS^, Maple Breakfast Square^, Craisins, Fruit Punch Juice, Milk **LUNCH** PIZZA DIPPERS^, Marinara Dipping Sauce, Sunset Juice, Applesauce, Milk	**BREAKFAST** PLAIN BAGEL^, Cream Cheese, Mixed Fruit, Apple Juice, Milk **LUNCH** CRUNCHY CHICKEN TENDERS^, Corn, Diced Pears, BBQ Sauce, Milk **Vegetarian Option** BEAN & CHEESE BURRITO^, Corn, Diced Pears, Taco Sauce, Milk	**BREAKFAST** BANANA MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** MOROCCAN MEATBALL W/PEARL COUSCOUS, Broccoli, Fresh Banana, Vanilla Cookie, Milk **Vegetarian Option** MINI CHEESE RAVIOLI W/SAUCE^, Broccoli, Fresh Banana, Vanilla Cookie, Milk	**BREAKFAST** RASPBERRY CHERRY YOGURT, Granola^, Fresh Banana, Grape Juice, Milk **LUNCH** HOT DOG^, Potato Rounds, Baked Beans, Orange Juice, Ketchup, Milk **Vegetarian Option** GRILLED CHEESE PANINI^, French Fries, Baked Beans, Orange Juice, Milk	**BREAKFAST** FROSTED FLAKES^, Vanilla Waffle Square^, Fresh Apple, Milk **LUNCH** GENERAL TSO'S CHICKEN & NOODLES^, Mixed Veggies, Diced Peaches, Milk **Vegetarian Option** BEAN & CHEESE EMPANADA^, Mixed Veggies, Diced Peaches, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
October 18, 2021	**October 19, 2021**	**October 20, 2021**	**October 21, 2021**	**October 22, 2021**
BREAKFAST RICE KRISPIES^, Strawberry Pancake Square^, Craisins, Apple Juice, Milk **LUNCH** MAC & CHEESE^, Country Blend Vegetables, Diced Pears, Milk	**BREAKFAST** CHERRY FRUDEL^, Diced Peaches, Fruit Punch Juice, Milk **LUNCH** CRISPY CHICKEN BURGER^, Broccoli, Diced Peaches, BBQ Sauce, Milk **Vegetarian Option** MINI CHEESE RAVIOLI W/SAUCE^, Breadstick^, Broccoli, Diced Peaches, Milk	**BREAKFAST** DOUBLE CHOCOLATE MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** HERO SANDWICH^, Potato Wedges, Orange Juice, Milk **Vegetarian Option** GALAXY CHEESE PIZZA^, Potato Wedges, Orange Juice, Milk	**BREAKFAST** CIINNAMON FLAKES^, Apple Bar^, Fresh Banana, Orange-Tangerine Juice, Milk **LUNCH** CHEESY TACO MEAT, Tortilla Rounds^, Salsa Cup, Corn, Fresh Apple Slices, Milk **Vegetarian Option** BEAN & CHEESE BURRITO^, Salsa Cup, Corn, Fresh Apple Slices, Milk	**BREAKFAST** STRAWBERRY YOGURT, Granola^, Fresh Apple, Milk **LUNCH** HAMBURGER^, Baked Beans, Sunset Juice, Fresh Banana, Ketchup, Milk **Vegetarian Option** GRILLED CHEESE PANINI^, Baked Beans, Sunset Juice, Fresh Banana, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	
October 25, 2021	**October 26, 2021**	**October 27, 2021**	**October 28, 2021**	**October 29, 2021**
BREAKFAST APPLE CINNAMON CHEERIOS^, Honey Grahams^, Craisins, Orange-Tangerine Juice, Milk **LUNCH** PIZZA DIPPERS^, Marinara Dipping Sauce, Tropical Veggie Juice, Applesauce, Milk	**BREAKFAST** RASPBERRY CHERRY YOGURT, Granola^, Mixed Fruit Cup, Apple Juice, Milk **LUNCH** BBQ CHICKEN TATER TOT-CHOS, Tortilla Rounds^, Corn, Orange Juice, Milk **Vegetarian Option** BEAN & CHEESE BURRITO^, Corn, Orange Juice, Salsa Cup, Milk	**BREAKFAST** TRIX^, Maple Breakfast Square^, Fresh Apple, Milk **LUNCH** HOMESTYLE SALISBURY STEAK W/GRAVY, Hamburger Bun^, Mashed Potatoes, Sunset Juice, Fresh Banana, Milk **Vegetarian Option** MINI CHEESE RAVIOLI W/SAUCE^, Breadstick^, Sunset Juice, Fresh Banana, Milk	**BREAKFAST** CINNAMON BUN^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** CHICKEN NUGGETS^, Broccoli, Diced Peaches, Vanilla Cookie^, BBQ Sauce, Milk **Vegetarian Option** MAC & CHEESE^, Broccoli, Diced Peaches, Vanilla Cookie^, Milk	**BREAKFAST** CHERRY BREAKFAST BAR^, String Cheese, Fresh Apple, Milk **LUNCH** MEATBALL SUB^, Diced Carrots, Baked Beans, Diced Pears, Milk **Vegetarian Option** GRILLED CHEESE PANINI^, Diced Carrots, Baked Beans, Diced Pears, Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS A CHOICE OF 1% OR FAT FREE WHITE MILK
*** MENU IS SUBJECT TO CHANGE ***
^ Denotes item is whole-grain/whole wheat
**** This institution is an equal opportunity provider ****