November 2021

K-8 Breakfast & Lunch

FLABOB AIRPORT PREPARATORY ACADEMY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 1, 2021	**November 2, 2021**	**November 3, 2021**	**November 4, 2021**	**November 5, 2021**
BREAKFAST CINNAMON TOAST CRUNCH ^, Vanilla Waffle Square ^, Craisins, Grape Juice, Milk **LUNCH** GALAXY CHEESE PIZZA ^ Broccoli Diced Pears Milk	**BREAKFAST** PLAIN BAGEL ^, Cream Cheese, Diced Pears, Orange Juice, Milk **LUNCH** CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Mixed Vegetables Orange Juice BBQ Sauce Milk **Vegetarian Option** MAC & CHEESE ^, Mixed Vegetables, Orange Juice, Milk	**BREAKFAST** DOUBLE CHOCOLATE MINI MUFFIN ^, String Cheese, Fresh Apple, Milk **LUNCH** GRILLED CHEESE PANINI ^ Potato Wedges Diced Peaches Ketchup Milk	**BREAKFAST** VANILLA YOGURT, Granola ^, Fresh Banana, Apple Juice, Milk **LUNCH** CHEESEBURGER Hamburger Bun ^ Baked Beans SunSet Sip Juice Fresh Apple Slices Mustard, Ketchup Milk **Vegetarian Option** MINI CHEESE RAVIOLI WITH SAUCE ^, SunSet Sip Juice, Fresh Apple Slices, Milk	**BREAKFAST** FRUITY CHEERIOS^, Strawberry Pancake Square ^, Fresh Apple, Milk **LUNCH** TURKEY & CHEESE ON A BUN^ Country Blend Vegetables Fresh Banana Light Mayonnaise Milk **Vegetarian Option** BEAN & CHEESE BURRITO ^, Country Blend Vegetables, Fresh Banana, Taco Sauce, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
November 8, 2021	**November 9, 2021**	**November 10, 2021**	**November 11, 2021**	**November 12, 2021**
BREAKFAST FROSTED CORN FLAKES ^, Cherry Breakfast Bar ^, Craisins, Orange Juice, Milk **LUNCH** PIZZA DIPPERS ^ Marinara Dipping Sauce SunSet Sip Juice Applesauce Milk	**BREAKFAST** STRAWBERRY YOGURT, Granola ^, Diced Peaches, Grape Juice, Milk **LUNCH** PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ Broccoli Diced Pears Milk **Vegetarian Option** MINI CHEESE RAVIOLI WITH SAUCE ^, Breadstick ^, Broccoli, Diced Pears, Milk	**BREAKFAST** RICE CHEX ^, Graham Crackers ^, Fresh Apple, Milk **LUNCH** CRUNCHY CHICKEN TENDERS ^ Corn Fresh Banana BBQ Sauce Milk **Vegetarian Option** BEAN & CHEESE BURRITO ^, Corn, Fresh Banana, Taco Sauce, Milk	**NO SCHOOL** 	**BREAKFAST** BLUEBERRY MINI MUFFIN ^, String Cheese, Fresh Apple, Milk **LUNCH** GENERAL TSO'S CHICKEN & NOODLES ^ Mixed Vegetables Diced Peaches Milk **Vegetarian Option** BEAN & CHEESE EMPANADA^, Mixed Vegetables, Diced Peaches, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
November 15, 2021	**November 16, 2021**	**November 17, 2021**	**November 18, 2021**	**November 19, 2021**
BREAKFAST FRUITY CHEERIOS^, Maple Breakfast Square ^, Craisins, Fruit Punch Juice, Milk **LUNCH** MAC & CHEESE ^ Country Blend Vegetables Diced Pears Choice of Milk	**BREAKFAST** PLAIN BAGEL ^, Cream Cheese, Diced Pears, Apple Juice, Milk **LUNCH** CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Broccoli Diced Peaches BBQ Sauce Milk **Vegetarian Option** MINI CHEESE RAVIOLI WITH SAUCE ^, Breadstick ^, Broccoli, Diced Peaches, Milk	**BREAKFAST** BANANA MINI MUFFIN ^, String Cheese, Fresh Apple, Milk **LUNCH** HERO SANDWICH ^ Potato Wedges Orange Juice Mustard Ketchup Milk **Vegetarian Option** GALAXY CHEESE PIZZA ^, Potato Wedges, Orange Juice, Ketchup, Milk	**BREAKFAST** RASPBERRY-CHERRY YOGURT Granola ^, Fresh Banana, Grape Juice, Milk **LUNCH** CHEESY TACO MEAT Tortilla Rounds ^ Salsa Cup Corn Fresh Apple Slices Milk **Vegetarian Option** BEAN & CHEESE BURRITO ^, Tortilla Rounds ^, Salsa Cup, Corn, Fresh Apple Slices, Milk	**BREAKFAST** FROSTED CORN FLAKES ^, Vanilla Waffle Square ^, Fresh Apple, Milk **LUNCH** CHARBROILED HAMBURGER Hamburger Bun ^ Baked Beans SunSet Sip Juice Fresh Banana Milk **Vegetarian Option** GRILLED CHEESE PANINI ^, Baked Beans, SunSet Sip Juice, Fresh Banana, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
November 22, 2021	**November 23, 2021**	**November 24, 2021**	**November 25, 2021**	**November 26, 2021**
NO SCHOOL	**NO SCHOOL** 	**NO SCHOOL**	**NO SCHOOL**	**NO SCHOOL**
MONDAY	**TUESDAY**			
November 29, 2021	**November 30, 2021**			
BREAKFAST APPLE CINNAMON CHEERIOS ^, Graham Crackers ^, Craisins, Applesauce, Milk **LUNCH** GALAXY CHEESE PIZZA ^ Broccoli Diced Pears Choice of Milk	**BREAKFAST** FROSTED FLAKES ^, Vanilla Waffle Square ^, Diced Pears, Apple Juice, Milk **LUNCH** CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Broccoli Diced Peaches BBQ Sauce Milk **Vegetarian Option** MINI CHEESE RAVIOLI WITH SAUCE ^, Breadstick ^, Broccoli, Diced Peaches, Milk			**** MENU IS SUBJECT TO CHANGE ****

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS and A OF 1% OR FAT FREE WHITE MILK

^ Denotes item is whole-grain/whole wheat

****** This institution is an equal opportunity provider ******