SPRINGS CHARTER SCHOOLS
FAPA
FLABOB AIRPORT PREPARATORY ACADEMY

March 2022

K-12 Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	March 1, 2022	March 2, 2022	March 3, 2022	March 4, 2022
	BREAKFAST RICE CHEX^, Vanilla Waffle Breakfast Square^, Grape Juice, Dried Cranberries, Milk	**BREAKFAST** CINNAMON TOAST CRUNCH^, Graham Crackers^, Strawberry-Kiwi Juice, Dried Cranberries, Milk	**BREAKFAST** COCOA PUFFS^, Strawberry Breakfast Square^, Blended Fruit Juice, Peach Cup, Milk	**BREAKFAST** FRUITY CHEERIOS^, Maple Breakfast Square^, Orange-Tangerine Juice, Dried Cranberries, Milk
	LUNCH TURKEY HAM & CHEESE SANDWICH^, Sun Splash Veggie Juice, Fresh Baby Carrots, Ranch Dressing, Mixed Fruit, Mustard, Milk	**LUNCH** TURKEY & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots, Orange-Tangerine Juice, Mustard, Milk	**LUNCH** HERO SANDWICH^, Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	**LUNCH** TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh Broccoli Florets, Ranch Dressing, Fresh Banana, Mustard, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
March 7, 2022	**March 8, 2022**	**March 9, 2022**	**March 10, 2022**	**March 11, 2022**
BREAKFAST TRIX CEREAL^, Graham Crackers^, Strawberry-Kiwi Juice, Dried Cranberries, Milk	**BREAKFAST** RICE CHEX^, Vanilla Waffle Breakfast Square^, Grape Juice, Dried Cranberries, Milk	**BREAKFAST** CINNAMON TOAST CRUNCH^, Graham Crackers^, Strawberry-Kiwi Juice, Dried Cranberries, Milk	**BREAKFAST** COCOA PUFFS^, Strawberry Breakfast Square^, Blended Fruit Juice, Peach Cup, Milk	**BREAKFAST** FRUITY CHEERIOS^, Maple Breakfast Square^, Orange-Tangerine Juice, Dried Cranberries, Milk
LUNCH TURKEY & CHEESE SANDWICH^, Fresh Baby Carrots, Ranch Dressing, Sun Splash Veggie Juice, Applesauce, Mustard, Milk	**LUNCH** VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread^, Milk	**LUNCH** TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh Cauliflower Florets, French Dressing, Diced Peaches, Mustard, Milk	**LUNCH** TURKEY HAM & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	**LUNCH** HERO SANDWICH^, Italian Corn Salad, Fresh Pear, Mustard, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
March 14, 2022	**March 15, 2022**	**March 16, 2022**	**March 17, 2022**	**March 18, 2022**
BREAKFAST TRIX CEREAL^, Graham Crackers^, Strawberry-Kiwi Juice, Dried Cranberries, Milk	**BREAKFAST** RICE CHEX^, Vanilla Waffle Breakfast Square^, Grape Juice, Dried Cranberries, Milk	**BREAKFAST** CINNAMON TOAST CRUNCH^, Graham Crackers^, Strawberry-Kiwi Juice, Dried Cranberries, Milk	**BREAKFAST** COCOA PUFFS^, Strawberry Breakfast Square^, Blended Fruit Juice, Peach Cup, Milk	**BREAKFAST** FRUITY CHEERIOS^, Maple Breakfast Square^, Orange-Tangerine Juice, Dried Cranberries, Milk
LUNCH STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh Orange, Cornbread^, Milk	**LUNCH** TURKEY HAM & CHEESE SANDWICH^, Sun Splash Veggie Juice, Fresh Baby Carrots, Ranch Dressing, Mixed Fruit, Mustard, Milk	**LUNCH** TURKEY & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots, Orange-Tangerine Juice, Mustard, Milk	**LUNCH** HERO SANDWICH^, Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	**LUNCH** TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh Broccoli Florets, Ranch Dressing, Fresh Banana, Mustard, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
March 21, 2022	**March 22, 2022**	**March 23, 2022**	**March 24, 2022**	**March 25, 2022**
SPRING BREAK	**SPRING BREAK**	**SPRING BREAK**	**SPRING BREAK**	**SPRING BREAK**
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	
March 28, 2022	**March 29, 2022**	**March 30, 2022**	**March 31, 2022**	
BREAKFAST TRIX CEREAL^, Graham Crackers^, Strawberry-Kiwi Juice, Dried Cranberries, Milk	**BREAKFAST** RICE CHEX^, Vanilla Waffle Breakfast Square^, Grape Juice, Dried Cranberries, Milk	**BREAKFAST** CINNAMON TOAST CRUNCH^, Graham Crackers^, Strawberry-Kiwi Juice, Dried Cranberries, Milk	**BREAKFAST** COCOA PUFFS^, Strawberry Breakfast Square^, Blended Fruit Juice, Peach Cup, Milk	
LUNCH STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh Orange, Cornbread^, Milk	**LUNCH** TURKEY HAM & CHEESE SANDWICH^, Sun Splash Veggie Juice, Fresh Baby Carrots, Ranch Dressing, Mixed Fruit, Mustard, Milk	**LUNCH** TURKEY & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots, Orange-Tangerine Juice, Mustard, Milk	**LUNCH** HERO SANDWICH^, Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	

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