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 CHERRY FRUDEL^, Diced Peaches, Fruit Punch Juice, Milk **LUNCH** SALISBURY STEAK W/GRAVY & MASHED POTATOES, Hamburger Bun^, Potato Wedges, SunSet Sip Juice, Applesauce, BBQ Sauce, Milk **Vegetarian Option** VEGETARIAN BURGER, Hamburger Bun^, Potato Wedges, SunSet Sip Juice, Applesauce, Milk	**BREAKFAST** BLUEBERRY MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** GRILLED CHEESE PANINI^, Broccoli, Fresh Baby Carrots, Ranch Dressing, Fresh Pear, Milk **Vegetarian Option** CHARBROILED HAMBURGER, Hamburger Bun^, Broccoli, Fresh Baby Carrots, Ranch Dressing, Fresh Pear, Mustard, Ketchup, Milk	**BREAKFAST** CINNAMON CHEX^, Cherry Breakfast Bar^, Fresh Banana, Orange-Tangerine Juice, Milk **LUNCH** CORN DOG ON A STICK^, Fiesta Beans, Fresh Baby Carrots, Ranch Dressing, Fresh Apple Slices, Mustard, Ketchup, Milk **Vegetarian Option** CHIK'N NUGGETS, Cornbread^, Fiesta Beans, Fresh Baby Carrots, Ranch Dressing, Fresh Apple Slices, BBQ Sauce, Milk	**BREAKFAST** STRAWBERRY YOGURT, Granola^, Fresh Apple, Milk **LUNCH** SLOPPY JOE, Hamburger Bun^, Green Beans, Orange Tangerine Juice, Milk **Vegetarian Option** MINI CHEESE RAVIOLI W/GREEN BEANS, Breadstick^, Orange-Tangerine Juice, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
March 7, 2022	**March 8, 2022**	**March 9, 2022**	**March 10, 2022**	**March 11, 2022**
BREAKFAST CHEERIOS^, Graham Crackers^, Dried Cranberries, Orange-Tangerine Juice, Milk **LUNCH** CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE^, Breadstick^, Corn, Applesauce, Milk **Vegetarian Option** CHEESY PENNE BAKE^, Breadstick^, Corn, Applesauce, Milk	**BREAKFAST** RASPBERRY-CHERRY YOGURT, Granola^, Diced Pears, Apple Juice, Milk **LUNCH** GRILLED BBQ CHICKEN, Hamburger Bun^, Baked Beans, Fresh Baby Carrots, Ranch Dressing, Orange-Tangerine Juice, Milk **Vegetarian Option** VEGETARIAN BURGER, Hamburger Bun^, Baked Beans, Fresh Baby Carrots, Ranch Dressing, Orange-Tangerine Juice, Ketchup, Mustard, Milk	**BREAKFAST** TRIX^, Maple Breakfast Square^, Fresh Apple, Milk **LUNCH** CRISPY CHICKEN PATTY^, Hamburger Bun, Broccoli, Diced Peaches, BBQ Sauce, Milk **Vegetarian Option** MAC & CHEESE^, Broccoli, Diced Peaches, Milk	**BREAKFAST** CINNAMON BUN^, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** HOT DOG W/POTATO ROUNDS, Hot Dog Bun^, Sun Splash Veggie Juice, Diced Pears, Mustard, Ketchup, Milk **Vegetarian Option** PIZZA DIPPERS^, Marinara Dipping Sauce, Sun Splash Veggie Juice, Diced Pears, Milk	**BREAKFAST** POWDERED DONUT^, Applesauce, Grape Juice, Milk **LUNCH** BEEF RIB-B-QUE, Hamburger Bun^, Potato Wedges, Fruit Punch Juice, Ketchup, Milk **Vegetarian Option** EGG & CHEESE BAGEL^, Potato Wedges, Fruit Punch Juice, Ketchup, Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
March 14, 2022	**March 15, 2022**	**March 16, 2022**	**March 17, 2022**	**March 18, 2022**
BREAKFAST CINNAMON TOAST CRUNCH^, Vanilla Waffle Square^, Dried Cranberries, Grape Juice, Milk **LUNCH** POPCORN CHICKEN^, Baked Beans, Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk **Vegetarian Option** GRILLED CHEESE PANINI^, Baked Beans, Sun Splash Veggie Juice, Applesauce, Milk	**BREAKFAST** PILLSBURY GRAPE CRESCENT^, Diced Pears, Orange-Tangerine Juice, Milk **LUNCH** TERIYAKI CHICKEN PATTY, Hamburger Bun^, French Fries, Diced Peaches, Mustard, Ketchup, Milk **Vegetarian Option** VEGETARIAN BURGER, Hamburger Bun^, French Fries, Diced Peaches, Mustard, Ketchup, Milk	**BREAKFAST** DOUBLE CHOCOLATE MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** CRISPY CHICKEN PATTY, Hamburger Bun^, Mixed Vegetables, Orange-Tangerine Juice, BBQ Sauce, Milk **Vegetarian Option** MINI CHEESE RAVIOLI^, Breadstick^, Mixed Vegetables, Orange-Tangerine Juice, Milk	**BREAKFAST** VANILLA YOGURT, Granola, Fresh Banana, Fruit Punch Juice, Milk **LUNCH** BBQ CHICKEN TATER TOT-CHOS, Tostitios Tortilla Rounds^, Country Blend Vegetables, Diced Pears, Milk **Vegetarian Option** CHIK'N NUGGETS, Breadstick^, Country Blend Vegetables, Diced Pears, BBQ Sauce, Milk	**BREAKFAST** PLAIN BAGEL^, Cream Cheese, Applesauce, Grape Juice, Milk **LUNCH** BEAN & CHEESE BURRITO^, Salsa Cup, Broccoli, Fresh Banana, Milk **Vegetarian Option** PIZZA DIPPERS^, Marinara Dipping Sauce, Broccoli, Fresh Banana, 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^, Maple Breakfast Square^, Dried Cranberries, Fruit Punch Juice, Milk **LUNCH** CRUNCHY CHICKEN TENDERS^, Broccoli, Orange-Tangerine Juice, BBQ Sauce, Milk **Vegetarian Option** MINI CHEESE RAVIOLI^, Broccoli, Orange-Tangerine Juice, Milk	**BREAKFAST** CINNAMON TOAST CRUNCH FILLED BAR^, Diced Pears, Apple Juice, Milk **LUNCH** CHARBROILED HAMBURGER, Hamburger Bun^, Baked Beans, Sun Splash Veggie Juice, Applesauce, Mustard, Ketchup, Milk **Vegetarian Option** GRILLED CHEESE PANINI^, Baked Beans, Sun Splash Veggie Juice, Applesauce, Milk	**BREAKFAST** BANANA MINI MUFFIN^, String Cheese, Fresh Apple, Milk **LUNCH** CRISPY CHICKEN PATTY^, Hamburger Bun^, Potato Wedges, Diced Peaches, BBQ Sauce, Milk **Vegetarian Option** VEGETARIAN BURGER, Hamburger Bun^, Potato Wedges, Diced Peaches, Milk	**BREAKFAST** RASPBERRY-CHERRY YOGURT, Granola^, Fresh Banana, Grape Juice, Milk **LUNCH** SANTA FE CHICKEN, Tortilla Chips^, Corn, Ruby Rusher Vegetable Juice, Fresh Pear, Milk **Vegetarian Option** CHIK'N NUGGETS, Tortilla Chips^, Corn, Ruby Rusher Vegetable Juice, Fresh Pear, BBQ Sauce, Milk	

^ Denotes item is whole-grain/whole wheat
**** This institution is an equal opportunity provider ****