

Flight Kitchen Menu

Grand Forks AFB, ND

(All meals include choice of supplement)

(BSM) Breakfast Small Meals

Flight \$1.95 Ground \$2.30

1. 2 Bagels with cream cheese
2. 2 Assorted cereals with 2 milk
3. Breakfast bagel with sausage and egg
4. Breakfast bagel with bacon and egg
5. Breakfast bagel with cheese and egg
6. 2 Bagels with egg and cheese

(SM) Small Meals

Flight \$1.95 Ground \$2.30

1. Breaded chicken breast with American cheese on a hamburger bun (includes lettuce)
2. Ham (3oz meat) with American cheese on white bread (includes lettuce, and tomato)
3. Turkey (3oz meat) with American cheese on white bread (includes lettuce, and tomato)
4. Chicken breast with American cheese on a hamburger bun (includes lettuce, and tomato)
5. Chef salad with chicken (choice of ranch, French, 1000 island, or Italian)
6. Chef salad with turkey (choice of ranch, French, 1000 island, or Italian)
7. Chef salad with ham (choice of ranch, French, 1000 island, or Italian)
8. Tuna salad sandwich on white (includes lettuce)

(LM) Large Meal

Flight \$3.65 Ground \$4.25

1. Ham and turkey (5oz each meat) with American and Swiss cheese on hoagie bun (includes tomato, lettuce, and onion)
2. Turkey (6oz of meat) with American cheese on whole wheat bread (includes tomato, lettuce, & onion)
3. 2 Tuna salad sandwiches on white bread (includes lettuce)
4. Ham (6oz of meat) and American cheese on whole wheat bread (includes tomato, lettuce, & onion)
5. 2 Chicken breasts with American cheese on a hamburger bun (includes tomato, lettuce, & onion)
6. 2 Peanut butter and jelly sandwiches on white bread (Uncrustables)

Supplements

All fruit subject to availability. Substitutions will be made as needed.

<p>A</p> <ul style="list-style-type: none"> Fresh fruit Candy bar Multi-grain bar Bottled water Canned soda (asst) Chips Ind. 	<p>C</p> <ul style="list-style-type: none"> Chips Ind. Cookie Muffin Gatorade Bottled water Fresh fruit 	<p>G</p> <ul style="list-style-type: none"> Fruit cocktail Pasta salad Yogurt Granola bar Fresh fruit (2) Bottled waters 	<p>I</p> <ul style="list-style-type: none"> Juice Bottled water Yogurt Granola bar Fresh fruit
<p>B</p> <ul style="list-style-type: none"> Rice Krispie treat Chips Ind. Fruit cocktail Juice Bottled water Fresh fruit 	<p>E</p> <ul style="list-style-type: none"> Carrot sticks Celery sticks Multi-grain bar Applesauce Juice Milk Fresh fruit 	<p>H</p> <ul style="list-style-type: none"> Carrot sticks Celery sticks Potato salad Raisins Bottled water Fresh fruit Gatorade 	<p>J</p> <ul style="list-style-type: none"> Canned soda Bottled water Candy bar Carrot sticks Fresh fruit



**UNITED STATES AIR FORCE
FOOD SERVICE**