

# Lackland Air Force Base

## (210)925-8350/5377 **Flight Kitchen**

### Breakfast & Small Meals \$2.30

**Breakfast Meal 1:** 2 bagels with cream cheese

**Breakfast Meal 2:** 2 individual cereals & 2 individual 1% milks  
choice of supplement

**Small Meal 3:** Sliced turkey breast sandwich

**Small Meal 8:** Tuna sandwich  
choice of supplement

### Large Flight Meals \$4.25    ♥ = Healthy Heart Items

**Meal 1:** Ham & turkey sub with cheese

♥ **Meal 2:** Sliced turkey breast sandwich

**Meal 3:** 2 tuna sandwiches

♥ **Meal 4:** Sliced roast beef sandwich

**Meal 5:** Deli ham & cheese sandwich

♥ **Meal 6:** 2 grilled chicken breast & cheese sandwiches

**Meal 7:** 2 peanut butter and jelly sandwiches

**Meal 9:** 6 piece fried chicken strips

### Flight Kitchen Supplements

#### Supplement 1:

Canned soda  
Bottled water  
Nutrigrain Bar  
Chips  
Fruit  
Snickers

#### Supplement 2:

Bottled water  
Juice  
Chips  
Fruit cocktail cup  
Rice Krispie Treat  
Fruit

#### Supplement 3:

Bottled water  
Gatorade  
Cookie  
Muffin  
Chips  
Fruit

#### Supplement 4:

Bottled water (2)  
Yogurt  
Granola bar  
Fruit cocktail cup  
Pasta salad  
Fruit

#### Supplement 5:

1% milk  
Juice  
Carrot sticks  
Celery sticks  
Nutrigrain Bar  
Apple sauce  
Fruit

#### Supplement 6:

Bottled water  
Gatorade  
Potato salad  
Carrot sticks  
Celery sticks  
Raisins  
Fruit

#### Supplement 9:

Juice  
Bottled water  
Yogurt  
Granola bar  
Fruit

#### Supplement 10:

Canned soda  
Bottled water  
Snickers  
Carrot sticks  
Fruit

**One supplement choice per meal    •    No substitutions**

**Available sodas: Pepsi, Sierra Mist, Diet Sprite, & Diet Pepsi**