

Flight Kitchen Menu

**To call-in an order (2-hour notice required)
be prepared with the following information:**

Pick-up time, ranks, names, and last 4 of SSN for each individual ordering.

For flight meals, please include a tail number.

Call 881-5128

One meal and one supplement per person, per meal period.

Facility manned Mon-Fri, 4:30am-1:30am. Outside these hours call (850)240-3861 for our on-call staff.

Sandwiches

CASH

\$5.55

For a healthier sandwich hold the mayo (12g of fat) and cheese (9g of fat). Use mustard or request fat free dressing instead.

FK1 10 oz Ham & Turkey sub with cheese

FK2 6 oz Turkey on white with cheese

FK3 2 oz Tuna Salad sandwich

FK4 6 oz Roast Beef on white with cheese

FK5 6 oz Ham & Cheese Sub

FK6 Chicken Breast on whole wheat bun with cheese

FK7 Peanut Butter & Jelly on white

FK8 Uncrustable sandwich

FK9 6 oz Chicken Breast Tenders

FK11 Turkey, Ham, & Beef wrap with cheese

FK12 6 oz Grilled Chicken wrap

FK13 Chicken Breast Filet on white



Salad

*For a healthier salad, request fat-free dressing.
(Regular Ranch 17g fat)*

FK10 Chef Salad



Breakfast

FK2001 1 Plain bagel / 1 Yogurt / 2 each Cream cheese,

Jam/Jelly, Smart Balance Butter

FK2002 2 INDV cereals / 2 INDV milks

FK2003 1 Breakfast burrito, bacon

FK2004 1 Breakfast sandwich, sausage

FK2005 1 Breakfast sandwich, bacon

FK2006 1 Breakfast sandwich, ham

FK2007 1 Breakfast sandwich, cheese



Supplements

Substitutions are not available.

Sup#1 Bottled water, canned soda, cookies, chips, Nutri-Grain bar and fresh fruit

Sup#2 Bottled water, individual juice, Rice Krispie Treat, chips, fruit cocktail cup and fresh fruit

Sup#3 Bottled water, Gatorade, muffin, cookie, chips and fresh fruit

Sup#4 Milk, individual juice, fresh carrots, fresh celery, Nutri-Grain bar, applesauce and fresh fruit

Sup#5 Bottled water, individual juice, yogurt, granola bar and fresh fruit

Sup#6 Bottled water, canned soda, chips or pretzels, carrot sticks, fresh carrots, fresh fruit

Sup#7 Bottled water, yogurt, Nutri-Grain bar, fresh fruit

Frozen Foods a la Carte

FZ1 Fried Chicken Meal **\$1.20**

FZ2 Sliced Turkey Meal **\$.95**

Healthy Choice Meal

FZ3 Salisbury Steak Meal **\$.95**

Beverages

Pepsi, Diet Pepsi, Wild Cherry

Pepsi, Mountain Dew,

Diet Mountain Dew,

Sweet Tea,

Mug Root Beer



Thank You for your patronage!

We value your suggestions. Please take a moment to fill out a comment card by clicking "ICE" at myhurlburt.com. Graphics are for illustrative purposes only - not actual depiction. Current as of: 05.11.17. Subject to change without notice.