

# 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.

	Flight Meals	Ground Support Meals	Supplements	
<b>Sandwiches</b>	<b>\$4.20</b>	<b>\$4.85</b>	<i>Substitutions are not available.</i>	
<i>For a healthier sandwich hold the mayo (12g of fat) and cheese (9g of fat). Use mustard or request fat free dressing instead.</i>				
<b>FK1</b> 10 oz Ham & Turkey sub with cheese			<b>Sup#1</b> Bottled water, canned soda, cookies, chips, Nutri-Grain bar and fresh fruit	
<b>FK2</b> 6 oz Turkey on white with cheese			<b>Sup#2</b> Bottled water, individual juice, Rice Krispie Treat, chips, fruit cocktail cup and fresh fruit	
<b>FK3</b> 2 oz Tuna Salad sandwich			<b>Sup#3</b> Bottled water, Gatorade, muffin, cookie, chips and fresh fruit	
<b>FK4</b> 6 oz Roast Beef on white with cheese				<b>Sup#4</b> Milk, individual juice, fresh carrots, fresh celery, Nutri-Grain bar, applesauce and fresh fruit
<b>FK5</b> 6 oz Ham & Cheese Sub				<b>Sup#5</b> Bottled water, individual juice, yogurt, granola bar and fresh fruit
<b>FK6</b> Chicken Breast on whole wheat bun with cheese				<b>Sup#6</b> Bottled water, canned soda, chips or pretzels, carrot sticks, fresh carrots, fresh fruit
<b>FK7</b> Peanut Butter & Jelly on white				<b>Sup#7</b> Bottled water, yogurt, Nutri-Grain bar, fresh fruit
<b>FK8</b> Uncrustable sandwich				
<b>FK9</b> 6 oz Chicken Breast Tenders				
<b>FK11</b> Turkey, Ham, & Beef wrap with cheese				
<b>FK12</b> 6 oz Grilled Chicken wrap				
<b>FK13</b> Chicken Breast Filet on white				
<b>Salad</b>				
<i>For a healthier salad, request fat-free dressing. (Regular Ranch 17g fat)</i>				
<b>FK10</b> Chef Salad			<b>Frozen Foods a la Carte</b>	
<b>FK2001</b> 1 Plain bagel / 1 Yogurt / 2 each Cream cheese, Jam/Jelly, Smart Balance Butter			<b>FZ1</b> Fried Chicken Meal <b>\$1.20</b>	
<b>FK2002</b> 2 INDV cereals / 2 INDV milks			<b>FZ2</b> Sliced Turkey Meal <b>\$.95</b>	
<b>FK2003</b> 1 Breakfast burrito, bacon			<b>Healthy Choice Meal</b>	
<b>FK2004</b> 1 Breakfast sandwich, sausage			<b>FZ3</b> Salisbury Steak Meal <b>\$.95</b>	
<b>FK2005</b> 1 Breakfast sandwich, bacon				
<b>FK2006</b> 1 Breakfast sandwich, ham				
<b>FK2007</b> 1 Breakfast sandwich, cheese			<b>Beverages</b>	
			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](http://myhurlburt.com). Graphics are for illustrative purposes only - not actual depiction. Current as of: 03.21.17. Subject to change without notice.

