

Hours of Operation  
Monday through Friday  
0530 - 1900

Closed On Holidays

\*Hours of operation subject to change due to mission requirements

### Flight Kitchen Personnel

Lt. Col Henry Lee Moton

**Force Support Commander**

Lt. Jessica Leshner

**Chief, Sustainment Flight**

SSgt Eziquiel Ortiz

**Flight Kitchen Supervisor**

We Welcome Your Inputs & Suggestions



January - June 2009

Altus Air Force Base  
97th Force Support Squadron  
Flight Kitchen



Building 185  
Telephone 481-7220  
Emergency On Call Cell 649-1903

“Small But Mighty”

Visit our website at [www.altusservices.com](http://www.altusservices.com)



Rev. 12192008

# Meal Supplement Package

- A. Water
- Soda
- Candy Bar
- Chips
- Multigran Bar
- Fresh Fruit

- B. Water
- Juice
- Rice Krispie Treat
- Chips
- Fruit Cocktail

- D. Water
- Fruit Cocktail
- Yogurt
- Pasta Salad
- Granola Bar

- F. Water
- Sports Drink
- Carrot Sticks
- Celery Sticks
- Potato Salad
- Raisins

- I. Water
- Juice
- Yogurt
- Granola Bar

- J. Water
- Soda
- Candy Bar
- Carrots

# 97th Force Support Squadron Flight Menu

*Please place all meal & coffee orders at least two hours in advance by calling 481-7220.*

**Menus are subject to change due to non-availability.**

## Small Flight Meal Menu

Discount Rate

**\$1.95**

Standard Rate

**\$2.30**

- 3. Turkey (3 oz)
- White Bread
- American Cheese
- Lettuce
- Tomato

- 4. Chicken Breast
- Hamburger Bun
- American Cheese
- Lettuce
- Tomato

- 5. Chef Salad
- with Chicken

- 9. Ham (1.5 oz)
- Turkey (1.5 oz)
- American Cheese
- Swiss Cheese
- Lettuce
- Tomato
- Kaiser Roll

- 11. Diced Chicken Wrap
- Lettuce
- Tomato
- Shredded Cheese



## Notice to all Flight Kitchen Customers

In accordance with Phase 1 of Corporate Food Service (CFS) the Flight Kitchen will provide five small meals and one large meal for selection, plus a choice of one of six supplement packages. Students and Aircrew will pay the set Discount Rate with no surcharge. All others will pay the Standard Rate (Discount Rate plus surcharge). The menu rates are posted below. For further information, contact the Flight Kitchen at 481-7518.

### MEAL RATES

<u>Meal Period</u>	<u>Discount Rate</u>	<u>Standard Rate</u>
Breakfast	\$1.95	\$2.30
Small Flight Meal	\$1.95	\$2.30
Large Flight Meal	\$3.65	\$4.25

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Day time phone #: 481-7220/7518

For Emergency, our on call cell phone#: 649-1903

Please place all meal and coffee orders at least two hours in advance by calling 481-7220.

## Feeling Unwell?

The following meals contain well tolerated foods & are approved for all students enrolled in the Local Airsickness Management Program (LAMP).

### Small Flight Meals

#1 or #4 with no cheese

### Small Breakfast

#1 with no cream cheese packets

### Meal Supplements

Fruit Cocktail	Water
Raisins	

For more nutritional or any human performance issues, contact *your* Human Performance Training Team (HPTT):

**Capt Jerry Fausch**  
481-5433

**TSgt Wendell Browne**  
481-1455



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## Large Flight Meal Menu

<u>Discount Rate</u>	<u>Standard Rate</u>
\$3.65	\$4.25

5. Ham & Cheese on Wheat

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## Small Breakfast Menu

<u>Discount Rate</u>	<u>Standard Rate</u>
\$1.95	\$2.30

1. 2 Bagels

### Beverages

Coke, Diet Coke  
Dr. Pepper  
Mt. Dew  
Bottle Water  
Gatorade

