

# Logan City School District

022 - FAST FORWARD CHARTER SCHOOL

Dec 19, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 6  CHICKEN STRIPS ROTINI CINNAMON PUFF ALFREDO SAUCE APPLESAUCE CUP JUICE CHOICE GREEN SALAD CARROT & TOMATO CUP MILK CHOICES	Jan - 7  DOMINOS PIZZA MANDARIN ORANGE BROCCOLI STICKS CARROT STICKS STRAWBERRY CUPS MILK CHOICES	Jan - 8  CHEESEBURGER ON PEARS RANGER COOKIE CRISS CUT FRIES BAKED BEANS PARADISE PUNCH J MILK CHOICES	Jan - 9  SWEET & SOUR CHI RICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP PUDDING MILK CHOICES	Jan - 10  CHICKEN POPPERS ORIENTAL RICE FORTUNE COOKIE APPLESAUCE CUP JUICE CHOICE CALIFORNIA BLEND FROZEN JUICE CUP MILK CHOICES
Jan - 13  *TERIYAKI FINGER S RICE PUDDING APPLESAUCE CUP JUICE CHOICE CARROT & TOMATO CUP GREEN BEANS MILK CHOICES	Jan - 14  LASAGNA SHREDDED CHEESE CINNAMON PUFF MANDARIN ORANGE BROCCOLI STICKS NORMANDY BLEND MILK CHOICES	Jan - 15  SWEET PORK SALAD SHREDDED CHEESE CILANTRO RICE PEARS SHADES OF GREEN BLACK BEANS CUCUMBER STICKS SALSA MILK CHOICES	Jan - 16  DOMINOS PIZZA CHOCOLATE CHIP C PEACHES GREEN SALAD GRAPE TOMATOES MILK CHOICES	Jan - 17  SLOPPY JOE FROSTED PINK COO STRING CHEESE APPLESAUCE CUP JUICE CHOICE CRISS CUT FRIES CARROT STICKS MILK CHOICES
Jan - 20	Jan - 21  MASHED POTATOES TURKEY IN GRAVY WW PARKERHOUSE BROWNIE MANDARIN ORANGE BROCCOLI STICKS COOKED CARROTS MILK CHOICES	Jan - 22  CHICKEN STRIPS CINNAMON PUFF PEARS CRISS CUT FRIES MIXED VEGETABLES PARADISE PUNCH J MILK CHOICES	Jan - 23  MINI CALZONES MARINARA SAUCE C WHOLE WHEAT BRE PEACHES GREEN SALAD CORN MILK CHOICES	Jan - 24  MANDARIN ORANGE RICE FORTUNE COOKIE APPLESAUCE CUP JUICE CHOICE FROZEN JUICE CUP GREEN BEANS MILK CHOICES
Jan - 27  MINI CORNDOGS WW PARKERHOUSE APPLESAUCE CUP JUICE CHOICE EMOJI FRIES CARROT & TOMATO CUP MILK CHOICES	Jan - 28  CHICKEN SANDWICH PUDDING MANDARIN ORANGE BROCCOLI STICKS CRISS CUT FRIES MILK CHOICES	Jan - 29  CHICKEN NOODLE S CHEESE BREADSTIC PEARS PARADISE PUNCH J GREEN SALAD MILK CHOICES	Jan - 30  SOFT TACO SHREDDED CHEESE CINNAMON CHURRO PEACHES SHADES OF GREEN BLACK BEANS CUCUMBER STICKS VEG CUP SALSA MILK CHOICES	Jan - 31  DUTCH WAFFLE CHEESE OMELET HASH BROWN POT APPLESAUCE CUP JUICE CHOICE FROZEN JUICE CUP MILK CHOICES

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.