

Fast Forward Charter High School Breakfast Menu

December 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
	Dec - 1 CEREAL VARIETY POPTART FRUIT CUP STRING CHEESE JUICE MILK	Dec - 2 QUAKER OATMEAL POPTART FRUIT CUP STRING CHEESE JUICE MILK	Dec - 3 CEREAL VARIETY BANANA MUFFIN FRUIT CUP STRING CHEESE JUICE MILK	Dec - 4 CEREAL BREAKFAST BAR POPTART STRING CHEESE FRUIT CUP JUICE MILK
Dec - 7 WHEAT BREAKFAST BURRITO FRUIT CUP STRING CHEESE JUICE MILK	Dec - 8 CEREAL BREAKFAST BAR MUFFIN FRUIT CUP STRING CHEESE JUICE MILK	Dec - 9 QUAKER OATMEAL NUTRIGRAIN BAR FRUIT CUP PUDDING JUICE MILK	Dec - 10 CEREAL VARIETY NATURE VALLEY GRANOLA BAR FRUIT CUP STRING CHEESE JUICE MILK	Dec - 11 CEREAL BREAKFAST BAR MUFFIN STRING CHEESE JUICE MILK CHOICE
Dec - 14 CEREAL VARIETY NATURE VALLEY GRANOLA BAR FRUIT CUP STRING CHEESE JUICE MILK	Dec - 15 CEREAL BREAKFAST BAR MUFFIN STRING CHEESE JUICE MILK CHOICE	Dec - 16 QUAKER OATMEAL NUTRIGRAIN BAR FRUIT CUP PUDDING JUICE MILK	Dec - 17 CEREAL BREAKFAST BAR MUFFIN STRING CHEESE JUICE MILK CHOICE	Dec - 18 QUAKER OATMEAL POPTART FRUIT CUP STRING CHEESE JUICE MILK
Dec - 21	Dec - 22	Dec - 23	Dec - 24	Dec - 25
Dec - 28	Dec - 29	Dec - 30	Dec - 31	

This institution is an equal opportunity provider.

**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.