

Fast Forward Charter High

Jan 2021

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Jan - 4 CHICKEN STRIPS ROTINI CINNAMON PUFF ALFREDO SAUCE APPLESAUCE CUP JUICE CHOICE GREEN SALAD CARROT & TOMATO CUP MILK CHOICES | Jan - 5 DOMINOS PIZZA MANDARIN ORANGE BROCCOLI STICKS CARROT STICKS STRAWBERRY CUPS MILK CHOICES | Jan - 6 CHEESEBURGER ON PEARS RANGER COOKIE CRISS CUT FRIES BAKED BEANS PARADISE PUNCH J MILK CHOICES | Jan - 7 SWEET & SOUR CHI RICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP PUDDING MILK CHOICES | Jan - 8 PEANUT & JELLY SANDWICH FRUIT CUP CHIPS COOKIE STRING CHEESE CARROT STICKS JUICE MILK CHOICE |
| Jan - 11 *TERIYAKI FINGER S RICE PUDDING APPLESAUCE CUP JUICE CHOICE CARROT & TOMATO CUP GREEN BEANS MILK CHOICES | Jan - 12 LASAGNA SHREDDED CHEESE CINNAMON PUFF MANDARIN ORANGE BROCCOLI STICKS NORMANDY BLEND MILK CHOICES | Jan - 13 SWEET PORK SALAD SHREDDED CHEESE CILANTRO RICE PEARS SHADES OF GREEN BLACK BEANS CUCUMBER STICKS SALSA MILK CHOICES | Jan - 14 DOMINOS PIZZA CHOCOLATE CHIP C PEACHES GREEN SALAD GRAPE TOMATOES MILK CHOICES | Jan - 15 HAM/TURKEY/ CHEESE WRAPS CHIPS FRUIT CARROT STICKS JUICE MILK CHOICE |
| Jan - 18 HOLIDAY | Jan - 19 TURKEY IN GRAVY MASHED POTATOES WW PARKERHOUSE BROWNIE MANDARIN ORANGE BROCCOLI STICKS COOKED CARROTS MILK CHOICES | Jan - 20 *CHICKEN NUGGETS CINNAMON PUFF PEARS CRISS CUT FRIES MIXED VEGETABLES PARADISE PUNCH J MILK CHOICES | Jan - 21 SPAGHETTI MEAT S ROTINI SHREDDED CHEESE WHOLE WHEAT BRE PEACHES GREEN SALAD CORN MILK CHOICES | Jan - 22 PEANUT & JELLY SANDWICH FRUIT CUP CHIPS COOKIE STRING CHEESE CARROT STICKS JUICE MILK CHOICE |
| Jan - 25 MINI CORNDOGS WW PARKERHOUSE APPLESAUCE CUP JUICE CHOICE EMOJI FRIES CARROT & TOMATO CUP MILK CHOICES | Jan - 26 CHICKEN SANDWICH PUDDING MANDARIN ORANGE BROCCOLI STICKS CRISS CUT FRIES MILK CHOICES | Jan - 27 CHICKEN NOODLE S CHEESE BREADSTIC PEARS PARADISE PUNCH J GREEN SALAD MILK CHOICES | Jan - 28 SOFT TACO SHREDDED CHEESE CINNAMON CHURRO PEACHES SHADES OF GREEN BLACK BEANS CUCUMBER STICKS VEG CUP SALSA MILK CHOICES | Jan - 29 HAM/TURKEY/ CHEESE WRAPS RICE KRISPIE TREAT CHIPS FRUIT CARROT STICKS JUICE MILK CHOICE |

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.