

# Fast Forward Charter High School

February 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 1 QUAKER OATMEAL STRING CHEESE FRUIT CUP/FRESH FRUIT MUFFIN JUICE MILK	Feb - 2 CEREAL BAR POP TART FRESH FRUIT STRING CHEESE JUICE BOX MILK	Feb - 3 COLD CEREAL GRANOLA BAR STRING CHEESE FRUIT CUP/FRESH FRUIT JUICE MILK	Feb - 4 QUAKER OATMEAL NUTRIGRAIN BAR STRING CHEESE FRESH FRUIT/FRUIT CUP JUICE MILK	Feb - 5 PEANUT & BREAKFAST BURRITO MUFFIN FRESH FRUIT/FRUIT CUP JUICE MILK
Feb - 8 QUAKER OATMEAL STRING CHEESE FRUIT CUP/FRESH FRUIT MUFFIN JUICE MILK	Feb - 9 CEREAL BAR POPTART FRESH FRUIT/FRUIT CUP STRING CHEESE JUICE MILK	Feb - 10 COLD CEREAL GRANOLA BAR STRING CHEESE FRUIT CUP/FRESH FRUIT JUICE MILK	Feb - 11 QUAKER OATMEAL STRING CHEESE FRUIT CUP/FRESH FRUIT MUFFIN JUICE MILK	Feb - 12 BREAKFAST BURRITO MUFFIN FRESH FRUIT/FRUIT CUP JUICE MILK
Feb - 15  HOLIDAY  NO SCHOOL	Feb - 16 CEREAL BAR POPTART FRESH FRUIT/FRUIT CUP STRING CHEESE JUICE MILK	Feb - 17 COLD CEREAL GRANOLA BAR STRING CHEESE FRUIT CUP/FRESH FRUIT JUICE MILK	Feb - 18 QUAKER OATMEAL STRING CHEESE FRUIT CUP/FRESH FRUIT MUFFIN JUICE MILK	Feb - 19 BREAKFAST PIZZA NUTRIGRAIN BAR FRUIT CUP/FRESH FRUIT MUFFIN JUICE MILK
Feb - 22 QUAKER OATMEAL STRING CHEESE FRUIT CUP/FRESH FRUIT MUFFIN JUICE MILK	Feb - 23 CEREAL BAR POPTART FRESH FRUIT/FRUIT CUP STRING CHEESE JUICE MILK	Feb - 24 COLD CEREAL GRANOLA BAR STRING CHEESE FRUIT CUP/FRESH FRUIT JUICE MILK	Feb - 25 QUAKER OATMEAL STRING CHEESE FRUIT CUP/FRESH FRUIT MUFFIN JUICE MILK	Feb - 26 BREAKFAST PIZZA NUTRIGRAIN BAR FRUIT CUP/FRESH FRUIT MUFFIN JUICE MILK

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.**