

# Fast Forward Breakfast Menu

March 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 1 QUAKER OATMEAL STRING CHEESE FRUIT CUP/FRESH FRUIT MUFFIN JUICE MILK	Mar - 2 CHEDDAR CHEESE OMELETTE MUFFIN FRESH FRUIT/FRUIT CUP JUICE MILK	Mar - 3 COLD CEREAL GRANOLA BAR STRING CHEESE FRESH FRUIT/FRUIT CUP JUICE MILK	Mar - 4 CEREAL BAR POP TART FRESH FRUIT/FRUIT CUP STRING CHEESE JUICE MILK	Mar - 5 QUAKER OATMEAL NUTRIGRAIN BAR STRING CHEESE FRESH FRUIT/FRUIT CUP JUICE MILK
Mar - 8 QUAKER OATMEAL STRING CHEESE FRESH FRUIT/FRUIT CUP MUFFIN JUICE MILK	Mar - 9 JUNIOR ACT TEST DAY	Mar - 10 COLD CEREAL GRANOLA BAR STRING CHEESE FRESH FRUIT/FRUIT CUP JUICE MILK	Mar - 11 CEREAL BAR POP TART FRESH FRUIT/FRUIT CUP STRING CHEESE JUICE MILK	Mar - 12 QUAKER OATMEAL STRING CHEESE FRESH FRUIT/FRUIT CUP MUFFIN JUICE MILK
Mar - 15 QUAKER OATMEAL STRING CHEESE FRESH FRUIT/ FRUIT CUP MUFFIN JUICE MILK	Mar - 16 BREAKFAST PIZZA NUTRIGRAIN BAR FRESH FRUIT/FRUIT CUP MUFFIN JUICE MILK	Mar - 17 COLD CEREAL GRANOLA BAR STRING CHEESE FRESH FRUIT/FRUIT CUP JUICE MILK	Mar - 18 CEREAL BAR POP TART FRESH FRUIT/FRUIT CUP STRING CHEESE JUICE MILK	Mar - 19 QUAKER OATMEAL STRING CHEESE FRESH FRUIT/FRUIT CUP MUFFIN JUICE MILK
Mar - 22 QUAKER OATMEAL STRING CHEESE FRESH FRUIT/FRUIT CUP MUFFIN JUICE MILK	Mar - 23 BREAKFAST BURRITO MUFFIN FRESH FRUIT/FRUIT CUP JUICE MILK	Mar - 24 COLD CEREAL GRANOLA BAR STRING CHEESE FRESH FRUIT/FRUIT CUP JUICE MILK	Mar - 25 CEREAL BAR POP TART FRESH FRUIT/FRUIT CUP STRING CHEESE JUICE MILK	Mar - 26 QUAKER OATMEAL STRING CHEESE FRESH FRUIT/ FRUIT CUP MUFFIN JUICE MILK
Mar - 29 QUAKER OATMEAL STRING CHEESE FRESH FRUIT/FRUIT CUP MUFFIN JUICE MILK	Mar - 30 CHEDDAR CHEESE OMELETTE MUFFIN FRESH FRUIT/FRUIT CUP JUICE MILK	Mar - 31 COLD CEREAL GRANOLA BAR STRING CHEESE FRESH FRUIT/FRUIT CUP 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.**