

Fast Forward Charter High School Breakfast Menu

November, 2021

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 1 CEREAL VARIETY CHEESE STICK FRUIT/FRUIT JUICE MILK	Nov - 2 OATMEAL POPTART CHEESE STICK FRUIT/FRUIT JUICE MILK	Nov - 3 HAM & CHEESE BREAKFAST BURRITO FRUIT/FRUIT JUICE PUDDING MILK	Nov - 4 BREAKFAST BAR MUFFIN CHEESE STICK FRUIT/FRUIT JUICE MILK	Nov - 5 BAGEL/HAM/CHEESE SANDWICH PUDDING FRUIT/FRUIT JUICE MILK
Nov - 8 MINI BLUEBERRY PANCAKES CHEESE STICK FRUIT/FRUIT JUICE MILK	Nov - 9 OATMEAL POPTART CHEESE STICK FRUIT/FRUIT JUICE MILK	Nov - 10 CEREAL VARIETY CHEESE STICK FRUIT/FRUIT JUICE MILK	Nov - 11 HAM & CHEESE BREAKFAST BREAD PUDDING FRUIT/FRUIT JUICE MILK	Nov - 12 BREAKFAST BAR MUFFIN CHEESE STICK FRUIT/FRUIT JUICE MILK
Nov - 15 HAM & CHEESE BREAKFAST BURRITO FRUIT/FRUIT JUICE PUDDING MILK	Nov - 16 CEREAL VARIETY CHEESE STICK FRUIT/FRUIT JUICE MILK	Nov - 17 MINI BLUEBERRY PANCAKES CHEESE STICK FRUIT/FRUIT JUICE MILK	Nov - 18 OATMEAL POPTART CHEESE STICK FRUIT/FRUIT JUICE MILK	Nov - 19 BREAKFAST BAR MUFFIN CHEESE STICK FRUIT/FRUIT JUICE MILK
Nov - 22 HAM & CHEESE BREAKFAST BURRITO FRUIT/FRUIT JUICE PUDDING MILK	Nov - 23 CEREAL VARIETY CHEESE STICK FRUIT/FRUIT JUICE MILK	Nov - 24 BREAK	Nov - 25 BREAK	Nov - 26 BREAK
Nov - 29 OATMEAL POPTART CHEESE STICK FRUIT/ FRUIT JUICE MILK	Nov - 30 BREAKFAST BAR MUFFIN CHEESE STICK FRUIT/FRUIT JUICE MILK			

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.

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This institution is an equal opportunity provider.

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