

Fast Forward Charter High School Lunch Menu

November 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 1 *TERIYAKI FINGER S RICE PUDDING MANDARIN ORANGE JUICE CHOICE CARROT & TOMATO CUP GREEN BEANS MILK CHOICES	Nov - 2 LASAGNA SHREDDED CHEESE CINNAMON PUFF BANANA APPLESAUCE CUP BROCCOLI STICKS NORMANDY BLEND MILK CHOICES	Nov - 3 SWEET PORK SALAD SHREDDED CHEESE CILANTRO RICE FRESH APPLE FROZEN JUICE CUP SHADES OF GREEN BLACK BEANS CUCUMBER STICKS SALSA MILK CHOICES	Nov - 4 PIZZA COOKIE JUICE CHOICE FRUIT CUP/ JUICE SALAD MILK CHOICES	Nov - 5 TURKEY & CHEESE SANDWICH PUDDING CELERY STICKS FRUIT CUP/JUICE MILK CHOICE
Nov - 8 TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS PUDDING MANDARIN ORANGE JUICE CHOICE CARROT & TOMATO CUP MILK CHOICES	Nov - 9 TURKEY IN GRAVY MASHED POTATOES WW PARKERHOUSE PUMPKIN PIE CRANBERRY SAUCE FRESH STRAWBERR APPLESAUCE CUP BROCCOLI STICKS CARROTS & PEAS MILK CHOICES	Nov - 10 *CHICKEN NUGGETS CINNAMON PUFF FRESH APPLE PEARS *CHEESY POTATOES MIXED VEGETABLES PARADISE PUNCH J MILK CHOICES	Nov - 11 MINI CALZONES MARINARA SAUCE C WHOLE WHEAT BRE JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES	Nov - 12 ROAST BEEF & CHEESE SANDWICH CHIPS CARROT STICKS FRUIT CUP/JUICE MILK CHOICE
Nov - 15 CORNDOG WW PARKERHOUSE MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & TOMATO CUP MILK CHOICES	Nov - 16 CHICKEN SANDWICH PUDDING FRESH STRAWBERR MANDARIN ORANGE BROCCOLI STICKS CRISS CUT FRIES MILK CHOICES	Nov - 17 CHICKEN NOODLE S CHEESE BREADSTIC FRESH APPLE PEARS PARADISE PUNCH J GREEN SALAD MILK CHOICES	Nov - 18 SOFT TACO SHREDDED CHEESE CINNAMON CHURRO JUICE CHOICE PEACHES SHADES OF GREEN BLACK BEANS CUCUMBER STICKS VEG CUP SALSA MILK CHOICES	Nov - 19 PEANUTBUTTER & JELLY SANDWICH PUDDING CARROT STICKS FRUIT JUICE MILK MILK CHOICE
Nov - 22 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES	Nov - 23 PIZZA COOKIE FRUIT CUP/JUICE CARROT STICKS MILK CHOICES	Nov - 24 BREAK	Nov - 25 BREAK	Nov - 26 BREAK
Nov - 29 *TERIYAKI FINGER S RICE PUDDING MANDARIN ORANGE JUICE CHOICE CARROT & TOMATO CUP GREEN BEANS MILK CHOICES	Nov - 30 LASAGNA SHREDDED CHEESE CINNAMON PUFF BANANA APPLESAUCE CUP BROCCOLI STICKS NORMANDY BLEND MILK CHOICES			

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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