

Fast Forward Breakfast Menu

Dec 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
		Dec - 1 BREAKFAST BURRITO CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK	Dec - 2 HAM & CHEESE BAGEL PUDDING FRESH FRUIT/FRUIT JUICE MILK	Dec - 3 BREAKFAST BAR MUFFIN CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK
Dec - 6 HAM & CHEESE WRAP POPTART FRESH FRUIT/FRUIT JUICE MILK	Dec - 7 FRUIT PARFAIT W/ GRANOLA MUFFIN CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK	Dec - 8 OATMEAL MUFFIN CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK	Dec - 9 FRENCH TOAST CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK	Dec - 10 BREAKFAST BREADSTICK PUDDING FRESH FRUIT/FRUIT JUICE MILK
Dec - 13 BREAKFAST HOT POCKET POPTART FRESH FRUIT/ FRUIT JUICE MILK	Dec - 14 BREAKFAST BURRITO CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK	Dec - 15 CEREAL VARIETY CHEESE STICK FRESH FRUIT/ FRUIT JUICE MILK	Dec - 16 MINI BLUEBERRY PANCAKES CHEESE STICK FRESH FRUIT/ FRUIT JUICE MILK	Dec - 17 HAM & CHEESE BAGEL PUDDING FRESH FRUIT/FRUIT JUICE MILK
Dec - 20	Dec - 21	Dec - 22	Dec - 23	Dec - 24
Dec - 27	Dec - 28	Dec - 29	Dec - 30	Dec - 31
Jan - 3 CEREAL VARIETY CHEESE STICK FRESH FRUIT/ FRUIT JUICE MILK	Jan - 4 FRUIT PARFAIT W/ GRANOLA MUFFIN CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK	Jan - 5 BREAKFAST BURRITO CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK	Jan - 6 HAM & CHEESE BAGEL PUDDING FRESH FRUIT/FRUIT JUICE MILK	Jan - 7 OATMEAL MUFFIN CHEESE STICK FRESH 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.

Fast Forward Breakfast Menu

Jan 2022

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 10 BREAKFAST HOT POCKET POPTART FRESH FRUIT/ FRUIT JUICE MILK	Jan - 11 HAM & CHEESE BAGEL PUDDING FRESH FRUIT/FRUIT JUICE MILK	Jan - 12 CEREAL VARIETY CHEESE STICK FRESH FRUIT/ FRUIT JUICE MILK	Jan - 13 MINI BLUEBERRY PANCAKES CHEESE STICK FRESH FRUIT/ FRUIT JUICE	Jan - 14 OATMEAL MUFFIN CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK
Jan - 17 Holiday	Jan - 18 BREAKFAST HOT POCKET POPTART FRESH FRUIT/ FRUIT JUICE MILK	Jan - 19 FRUIT PARFAIT W/ GRANOLA MUFFIN CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK	Jan - 20 FRENCH TOAST CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK	Jan - 21 BREAKFAST BURRITO CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK
Jan - 24 FRENCH TOAST CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK	Jan - 25 BREAKFAST BURRITO CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK	Jan - 26 MINI BLUEBERRY PANCAKES CHEESE STICK FRESH FRUIT/ FRUIT JUICE	Jan - 27 BREAKFAST HOT POCKET POPTART FRESH FRUIT/ FRUIT JUICE MILK	Jan - 28 BREAKFAST BAR MUFFIN CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK
Jan - 31 CEREAL VARIETY CHEESE STICK FRESH FRUIT/ FRUIT JUICE MILK	Feb - 1 FRUIT PARFAIT W/ GRANOLA MUFFIN CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK	Feb - 2 FRENCH TOAST CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK	Feb - 3 HAM & CHEESE BAGEL PUDDING FRESH FRUIT/FRUIT JUICE MILK	Feb - 4 BREAKFAST BAR MUFFIN CHEESE STICK FRESH FRUIT/FRUIT JUICE MILK

This institution is an equal opportunity provider.

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