

Monday	Tuesday	Wednesday	Thursday	Friday
	Mar - 1 FRUIT PARFAIT W/ GRANOLA MUFFIN CHEESE STICK FRUIT/FRUIT CUP MILK	Mar - 2 FRENCH TOAST CHEESE STICK FRUIT/FRUIT CUP MILK	Mar - 3 HAM/CHEESE HOT POCKET BREAKFAST BAR FRUIT/FRUIT CUP MILK	Mar - 4 BREAKFAST BAR MUFFIN CHEESE STICK FRUIT/FRUIT CUP MILK
Mar - 7 BREAKFAST PIZZA FRUIT/FRUIT CUP JUICE MILK	Mar - 8 OATMEAL MUFFIN CHEESE STICK FRUIT/FRUIT CUP JUICE MILK	Mar - 9 BREAKFAST BURRITO CHEESE STICK FRUIT/FRUIT CUP MILK	Mar - 10 CEREAL CHEESE STICK FRUIT/FRUIT CUP JUICE MILK	Mar - 11 HAM & CHEESE BAGEL PUDDING FRUIT/FRUIT CUP JUICE MILK
March-14 FRUIT PARFAIT W/ GRANOLA MUFFIN CHEESE STICK FRUIT/FRUIT CUP MILK	Mar - 15 FRENCH TOAST CHEESE STICK FRUIT/FRUIT CUP MILK	Mar - 16 ONLINE DAY HAM/CHEESE HOT POCKET BREAKFAST BAR FRUIT/FRUIT CUP MILK	Mar - 17 BREAKFAST BAR MUFFIN CHEESE STICK FRUIT/FRUIT CUP MILK	Mar - 18 BREAKFAST PIZZA FRUIT/FRUIT CUP JUICE MILK
Mar - 21 OATMEAL MUFFIN CHEESE STICK FRUIT/FRUIT CUP JUICE MILK	Mar - 22 BREAKFAST BURRITO CHEESE STICK FRUIT/FRUIT CUP MILK	Mar - 23 CEREAL CHEESE STICK FRUIT/FRUIT CUP JUICE MILK	Mar - 24 HAM & CHEESE BAGEL PUDDING FRUIT/FRUIT CUP JUICE MILK	Mar - 25 FRUIT PARFAIT W/ GRANOLA MUFFIN CHEESE STICK FRUIT/ FRUIT CUP 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 CHARTER SCHOOL

MARCH, 2022

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Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 28 FRENCH TOAST CHEESE STICK FRUIT/FRUIT CUP MILK	Mar - 29 HAM/CHEESE HOT POCKET POP TART FRUIT/FRUIT CUP MILK	Mar - 30 BREAKFAST BAR MUFFIN CHEESE STICK FRUIT/FRUIT CUP MILK	Mar - 31 BREAKFAST PIZZA FRUIT/FRUIT CUP JUICE MILK	Apr - 1 CEREAL CHEESE STICK FRUIT/FRUIT CUP JUICE MILK

This institution is an equal opportunity provider.

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