

Fast Forward Charter High School
Lunch Menu

March 2022

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Monday	Tuesday	Wednesday	Thursday	Friday
	Mar - 1 PIZZA FRUIT CUP CARROT STICKS COOKIE JUICE MILK CHOICES	Mar - 2 CHEESEBURGER ON FRESH APPLE PEARS RANGER COOKIE CRISS CUT FRIES BAKED BEANS PARADISE PUNCH J MILK CHOICES	Mar - 3 TERIYAKI CHICKEN RICE STRAWBERRY CUPS PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES	Mar - 4 TURKEY/HAM/CHEESE WRAP SUN CHIPS CARROT STICKS FRUIT CUP/JUICE MILK
Mar - 7 *CHICKEN NUGGETS RICE PUDDING MANDARIN ORANGE JUICE CHOICE CARROT & TOMATO CUP GREEN BEANS MILK CHOICES	Mar - 8 LASAGNA SHREDDED CHEESE CINNAMON PUFF BANANA APPLESAUCE CUP BROCCOLI STICKS NORMANDY BLEND MILK CHOICES	Mar - 9 SWEET PORK SALAD SHREDDED CHEESE CILANTRO RICE FRESH APPLE FROZEN JUICE CUP SHADES OF GREEN BLACK BEANS CUCUMBER STICKS SALSA MILK CHOICES	Mar - 10 PIZZA FRUIT CUP GREEN SALAD/RANCH COOKIE JUICE MILK CHOICES	Mar - 11 HAM & CHEESE HOT POCKET PUDDING CARROT STICKS FRUIT CUP/FRUIT JUICE MILK
Mar - 14 TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS PUDDING MANDARIN ORANGE JUICE CHOICE CARROT & TOMATO CUP MILK CHOICES	Mar - 15 TURKEY IN GRAVY MASHED POTATOES DINNER ROLL FROSTED PINK COO FRESH STRAWBERR APPLESAUCE CUP BROCCOLI STICKS COOKED CARROTS MILK CHOICES	Mar - 16 *CHICKEN NUGGETS CINNAMON PUFF FRESH APPLE PEACH CUPS *CHEESY POTATOES MIXED VEGETABLES PARADISE PUNCH J MILK CHOICES	Mar - 17 MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES	Mar - 18 PEANUT BUTTER & JELLY SANDWICH COOKIE CARROT STICKS FRUIT CUP/FRUIT JUICE MILK
Mar - 21 CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & TOMATO CUP MILK CHOICES	Mar - 22 CHICKEN SANDWICH PUDDING FRESH STRAWBERR MANDARIN ORANGE BROCCOLI STICKS CRISS CUT FRIES MILK CHOICES	Mar - 23 CHICKEN NOODLE S CHEESE BREADSTIC MIXED BERRY CUP PEARS PARADISE PUNCH J GREEN SALAD MILK CHOICES	Mar - 24 SOFT TACO SHREDDED CHEESE CINNAMON CHURRO JUICE CHOICE PEACHES SHADES OF GREEN BLACK BEANS CUCUMBER STICKS VEG CUP SALSA MILK CHOICES	Mar - 25 ROAST BEEF SANDWICH SUN CHIPS CARROT STICKS PUDDING FRUIT CUP MILK CHOICE

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.

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 28 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES	Mar - 29 PIZZA APPLESAUCE CUP CELERY STICKS CARROT STICKS JUICE MILK CHOICES	Mar - 30 CHEESEBURGER ON FRESH APPLE PEARS RANGER COOKIE CRISS CUT FRIES BAKED BEANS PARADISE PUNCH J MILK CHOICES	Mar - 31 TERIYAKI CHICKEN RICE STRAWBERRY CUPS PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES	Apr - 1 BEEF CHIMICHANGA PUDDING FRUIT CUP CELERY STICKS JUICE MILK

This institution is an equal opportunity provider.

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