

FAST FORWARD LUNCH

November 2022

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Monday	Tuesday	Wednesday	Thursday	Friday
	Nov - 1 PIZZA STRAWBERRY CUPS APPLE SAUCE CUP BROCCOLI STICKS CARROT STICKS FROZEN JUICE CUP MILK CHOICES	Nov - 2 CHEESEBURGER ON FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS PARADISE PUNCH J MILK CHOICES	Nov - 3 TERIYAKI CHICKEN RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES	Nov - 4 HAM AND CHEESE HOT POCKET BROCCOLI PUDDING FRUIT MILK
Nov - 7 *TERIYAKI FINGER S RICE PUDDING MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP GREEN BEANS MILK CHOICES	Nov - 8 BAKED ZITI SHREDDED CHEESE CINNAMON PUFF BANANA APPLE SAUCE CUP BROCCOLI STICKS NORMANDY BLEND GOLD FISH CRACKER MILK CHOICES	Nov - 9 GRILLED CHICKEN S SHREDDED CHEESE CILANTRO RICE FRESH APPLE FROZEN JUICE CUP SHADES OF GREEN BLACK BEANS CUCUMBER STICKS SALSA MILK CHOICES	Nov - 10 PIZZA CHOCOLATE CHIP COOKIE JUICE CHOICE PEACHES GREEN SALAD GRAPE TOMATOES MILK CHOICES	Nov - 11 ROAST BEEF SANDWICH FRUIT CARROTS CHIPS MILK
Nov - 14 TORTILLA CHIPS NACHO CHEESE SAUCE TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP MILK CHOICES	Nov - 15 TURKEY IN GRAVY MASHED POTATOES DINNER ROLL PUMPKIN CAKE W/T STRAWBERRY CUPS APPLE SAUCE CUP BROCCOLI STICKS CARROTS & PEAS CRANBERRY SAUCE MILK CHOICES	Nov - 16 *CHICKEN NUGGETS CINNAMON PUFF FRESH APPLE PEARS *CHEESY POTATOES MIXED VEGETABLES PARADISE PUNCH J MILK CHOICES	Nov - 17 MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES	Nov - 18 CHIMICHANGA CELERY STICKS FRUIT RICE KRISPY TREAT MILK
Nov - 21 CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES	Nov - 22 CHICKEN SANDWICH PUDDING STRAWBERRY CUPS MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES Nov - 29	Nov - 23 THANKSGIVING BREAK	Nov - 24 HAPPY THANKSGIVING	Nov - 25 THANKSGIVING BREAK
Nov - 28 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES	PIZZA FRESH STRAWBERRY CUPS APPLE SAUCE CUP BROCCOLI STICKS CARROT STICKS FROZEN JUICE CUP MILK CHOICES	Nov - 30 CHEESEBURGER ON FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS PARADISE PUNCH J MILK CHOICES	Dec - 1 TERIYAKI CHICKEN RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES	Dec - 2 HAM AND CHEESE SANDWICH CARROT STICKS CHIPS FRUIT 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 LUNCH

December 2022

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Dec - 5 *TERIYAKI FINGER S RICE PUDDING MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP GREEN BEANS MILK CHOICES	Dec - 6 BAKED ZITI SHREDDED CHEESE CINNAMON PUFF BANANA APPLESAUCE CUP BROCCOLI STICKS NORMANDY BLEND GOLD FISH CRACKE MILK CHOICES	Dec - 7 GRILLED CHICKEN S SHREDDED CHEESE CILANTRO RICE FRESH APPLE FROZEN JUICE CUP SHADES OF GREEN BLACK BEANS CUCUMBER STICKS SALSA MILK CHOICES	Dec - 8 PIZZA CHOCOILATE CHIP COOKIE MIXED BERRY CUP PEACHES GREEN SALAD GRAPE TOMATOES MILK CHOICES	Dec - 9 PEANUT BUTTER AND JELLY SANDWICH CARROTS AND TOMATO FRUIT CHIPS MILK
Dec - 12 TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP MILK CHOICES	Dec - 13 TURKEY IN GRAVY MASHED POTATOES DINNER ROLL FROSTED PINK COO FRESH STRAWBERR APPLESAUCE CUP BROCCOLI STICKS COOKED CARROTS MILK CHOICES	Dec - 14 *CHICKEN NUGGETS CINNAMON PUFF FRESH APPLE PEARS *CHEESY POTATOES MIXED VEGETABLES PARADISE PUNCH J MILK CHOICES	Dec - 15 MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES	Dec - 16 HAM AND CHEESE HOT POCKET FRUIT CARROT STICKS COOKIE MILK
Dec - 19 CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES	Dec - 20 CHICKEN SANDWICH PUDDING FRESH STRAWBERR MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES	Dec - 21 <div style="text-align: center; font-size: 2em; font-weight: bold;">MERRY CHRISTMAS</div> WINTER BREAK	Dec - 22 WINTER BREAK	Dec - 23 WINTER BREAK
Dec - 26 WINTER BREAK	Dec - 27 WINTER BREAK	Dec - 28 WINTER BREAK	Dec - 29 WINTER BREAK	Dec - 30 WINTER BREAK

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