

Fast Forward Charter High School

BREAKFAST

August 2023

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| Aug - 21 HAM AND CHEESE BAGEL FRUIT MILK | Aug - 22 PANCAKES W/SYRUP CHEESE STICK FRUIT MILK | Aug - 23 FRUIT PARFAITS W/ GRANOLA JUICE MUFFIN MILK | Aug - 24 CEREAL CHEESE STICK FRUIT MILK | Aug - 25 YOGURT BREAKFAST BAR FRUIT MILK |
| Aug28 BREAKFAST PIZZA FRUIT MILK | Aug - 29 CEREAL CHEESE STICK FRUIT MILK | Aug - 30 FRUIT PARFAIT W/ GRANOLA JUICE POPTART MILK | Aug - 31 PANCAKES W/ SYRUP CHEESE STICK FRUIT MILK | Sep - 1 CEREAL CHEESE STICK FRUIT MILK |
| Sep - 4 NO SCHOOL | Sep - 5 YOGURT MUFFIN FRUIT MILK | Sep - 6 ONLINE DAY | Sep - 7 BREAKFAST PIZZA FRUIT MILK | Sep - 8 CEREAL CHEESE STICK FRUIT MILK |
| Sep - 11 YOGURT BREAKFAST BAR FRUIT MILK | Sep - 12 BREAKFAST BURRITO FRUIT MILK | Sep - 13 PEANUT BUTTER JELLY SANDWICH FRUIT MILK | Sep - 14 HAM AND CHEESE BAGEL FRUIT MILK | Sep - 15 BREAKFAST PIZZA 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.

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BREAKFAST

Sept. 2023

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| Sep - 18 TBREAKFAST BURRITO FRUIT MILK | Sep - 19 FRUIT PARFAIT W/ GRANOLA MUFFIN JUICE MILK | Sep - 20 *HAM,, CHEESE ,EGG ON ENGLISH MUFFIN *FRUIT *MILK | Sep - 21 PANCAKES W/ SYRUP CHEESE STICK FRUIT MILK | Sep - 22 YOGURT POPTART FRUIT MILK |
| Sep 28 BREAKFAST PIZZA FRUIT MILK | Sep-29 EGG ,CHEESE, SAUSAGE ON ENGLISH MUFFIN FRUIT MILK | Sep - 27 BREAKFAST BURRITO FRUIT MILK | Sep - 28 PANCAKES W/SYRUP CHEESE STICK FRUIT MILK | Sep - 29 CEREAL PUDDING FRUIT MILK |

This institution is an equal opportunity provider.

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