

Fast Forward Charter High School

LUNCH

August 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 21 PEANUT BUTTER JELLY SANDWICH CARROT STICKS CHIPS FRUIT JUICE MILK	Aug - 22 PIZZA GREEN SALAD FRUIT COOKIE MILK	Aug - 23 TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP MILK CHOICES	Aug - 24 MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES	Aug - 25 HAM AND CHEESE SANDWICH CARROT STICK AND TOMATOES FRUIT PUDDING MILK
Aug - 28 CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES	Aug - 29 CHICKEN SANDWICH PUDDING FRESH STRAWBERR MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES	Aug - 30 FRENCH TOAST STI SAUSAGE PATTY FRESH APPLE PEARS HASH BROWN POTA FROZEN JUICE CUP CUCUMBER STICKS VEG CUP PANCAKE SYRUP MILK CHOICES	Aug - 31 SPICY CHICKEN STRI MASHED POTATOES CHICKEN GRAVY SHREDDED CHEESE CORN CINNAMON PUFF FRESH APPLE PEARS PARADISE PUNCH J MILK CHOICES	Sep-1 TURKEY AND CHEESE SANDWICH CHIPS CARROT STICKS FRUIT MILK
Sep - 4 NO SCHOOL	Sep - 5 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES	Sep-6 ON LINE DAY	Sep - 7 TERIYAKI CHICKEN RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES	Sep - 8 HAM AND CHEESE SANDWICH CARROT STICKS PUDDING FRUIT MILK
Sep - 11 *TERIYAKI FINGER S RICE PUDDING MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP GREEN BEANS MILK CHOICES	Sep - 12 BAKED ZITI SHREDDED CHEESE CINNAMON PUFF BANANA APPLSAUCE CUP BROCCOLI STICKS NORMANDY BLEND GOLD FISH CRACKE MILK CHOICES	Sep - 13 GRILLED CHICKEN S SHREDDED CHEESE CILANTRO RICE FRESH APPLE FROZEN JUICE CUP SHADES OF GREEN BLACK BEANS CUCUMBER STICKS SALSA MILK CHOICES	Sep - 14 PIZZA GREEN SALAD FRUIT RICE KRISPY TREAT MILK	Sep - 15 PEANUT BUTTER JELLY SANDWICH CARROT STICKS CHOCOLATE CHIP COOKIE 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 Charter High School

Sep 2023

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LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 18 TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP MILK CHOICES	Sep - 19 TURKEY IN GRAVY MASHED POTATOES DINNER ROLL FROSTED PINK COO FRESH STRAWBERR APPLESAUCE CUP BROCCOLI STICKS COOKED CARROTS MILK CHOICES	Sep - 20 *CHICKEN NUGGETS CINNAMON PUFF FRESH APPLE PEARS *CHEESY POTATOES MIXED VEGETABLES PARADISE PUNCH J MILK CHOICES	Sep - 21 MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES	Sep - 22 TURKEY AND CHEESE SANDWICH CARROT STICKS FRUIT CHIPS MILK
Sep - 25 CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES	Sep - 26 CHICKEN SANDWICH PUDDING FRESH STRAWBERR MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES	Sep - 27 FRENCH TOAST STI SAUSAGE PATTY FRESH APPLE PEARS HASH BROWN POTA FROZEN JUICE CUP CUCUMBER STICKS VEG CUP PANCAKE SYRUP MILK CHOICES	Sep - 28 SPICY CHICKEN STRI MASHED POTATOES CHICKEN GRAVY SHREDDED CHEESE CORN CINNAMON PUFF FRESH APPLE PEARS PARADISE PUNCH J MILK CHOICES	Sep - 29 HAM AND CHEESE ON A BAGEL CARROT STICKS FRUIT RICE KRISPY TREAT MILK

This institution is an equal opportunity provider.

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