

Fast Forward Charter High School

LUNCH

October 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES	Oct - 3 PIZZA GREEN SALAD FRUIT RICE KRISPY TREAT MILK	Oct - 4 CHEESEBURGER ON FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS PARADISE PUNCH J MILK CHOICES	Oct - 5 TERIYAKI CHICKEN RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES	Oct - 6 PEANUT BUTTER SANDWICH VEGETABLES FRUIT CHIPS MILK
Oct - 9 *TERIYAKI FINGER S RICE PUDDING MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP GREEN BEANS MILK CHOICES	Oct - 10 BAKED ZITI SHREDDED CHEESE CINNAMON PUFF BANANA APPLESAUCE CUP BROCCOLI STICKS NORMANDY BLEND GOLD FISH CRACKE MILK CHOICES	Oct - 11 ONLINE DAY	Oct - 12 FALL BREAK	Oct - 13 FALL BREAK
Oct - 16 TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP MILK CHOICES	Oct - 17 TURKEY IN GRAVY MASHED POTATOES DINNER ROLL FROSTED PINK COO FRESH STRAWBERR APPLESAUCE CUP BROCCOLI STICKS COOKED CARROTS MILK CHOICES	Oct - 18 * * *ONLINE DAY	Oct - 19 MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES	Oct - 20 HAM AND CHEESE SANDWICH VEGETABLES FRUIT RICE KRISPY TREAT MILK
Oct - 23 CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES	Oct - 24 CHICKEN SANDWICH PUDDING FRESH STRAWBERR MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES	Oct - 25 FRENCH TOAST STI SAUSAGE PATTY FRESH APPLE PEARS HASH BROWN POTA FROZEN JUICE CUP CUCUMBER STICKS VEG CUP PANCAKE SYRUP MILK CHOICES	Oct - 26 SPICY CHICKEN STRI MASHED POTATOES CHICKEN GRAVY SHREDDED CHEESE CORN CINNAMON PUFF FRESH APPLE PEARS PARADISE PUNCH J MILK CHOICES	Oct - 27 ROAST BEEF AND CHEESE SANDWICH VEGETABLES FRUIT PUDDING MILK
Oct - 30 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES	Oct - 31 PIZZA GREEN SALAD FRUIT COOKIE MILK	Nov - 1 CHEESEBURGER ON FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS PARADISE PUNCH J MILK CHOICES	Nov - 2 TERIYAKI CHICKEN RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES	Nov - 3 TURKEY AND CHEESE SANDWICH VEGETABLES FRUIT CHIPS 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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This institution is an equal opportunity provider.

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