

# Fast Forward Charter High School BREAKFAST

November  
2023

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
		Nov - 1 TURKEY AND CHEESE WRAP FRUIT MILK	Nov - 2 HAM AND CHEESE ON A MUFFIN FRUIT MILK	Nov - 3 CEREAL CHEESE STICK FRUIT MILK
Nov - 6 WAFFLE CHEESE STICK FRUIT MILK	Nov - 7 BREAKFAST PIZZA FRUIT MILK	Nov - 8 BAGEL AND CREAM CHEESE FRUIT MILK	Nov - 9 FRUIT PARFAIT POPTART FRUIT MILK	Nov - 10 YOGURT BREAKFAST BAR FRUIT MILK
Nov - 13 CEREAL CHEESE STICK FRUIT MILK	Nov-14 BREAKFAST BURRITO FRUIT MILK	Nov - 15 *PANCAKES *CHEESE STICK *FRUIT *MILK	Nov - 16 HAM AND CHEESE BAGEL FRUIT MILK	Nov - 17 GOGURT POPTART FRUIT MILK
Nov - 20 PEANUT BUTTER JELLY SANDWICH FRUIT PUDDING MILK	Nov - 21 CEREAL CHEESE STICK FRUIT MILK	Nov - 22  <b>HAPPY</b>	Nov - 23  <b>THANKS</b>	Nov - 24  <b>GIVING</b>
Nov - 27 YOGURT MUFFIN FRUIT MILK	Nov - 28 FRUIT PARFAIT POPTART FRUIT MILK	Nov - 29 PANCAKES CHEESE STICK FRUIT MILK	Nov - 30 SAUSAGE CHEESE MUFFIN FRUIT MILK	Dec - 1 BAGEL AND CREAM CHEESE FRUIT MILK

This institution is an equal opportunity provider.

*\*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.**