

Fast Forward Charter High School LUNCH

November
2023

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Monday	Tuesday	Wednesday	Thursday	Friday
		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 VEGETABLE FRUIT CHIPS MILK
Nov - 6 *TERIYAKI FINGER S RICE PUDDING MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP GREEN BEANS MILK CHOICES	Nov - 7 BAKED ZITI SHREDDED CHEESE CINNAMON PUFF BANANA APPLESAUCE CUP BROCCOLI STICKS NORMANDY BLEND GOLD FISH CRACKE MILK CHOICES	Nov - 8 GRILLED CHICKEN S SHREDDED CHEESE CILANTRO RICE FRESH APPLE FROZEN JUICE CUP SHADES OF GREEN BLACK BEANS CUCUMBER STICKS SALSA MILK CHOICES	Nov - 9 PIZZA GREEN SALAD FRUIT COOKIE MILK	Nov - 10 PEANUT BUTTER JELLY SANDWICH VEGETABLE FRUIT CHIPS MILK
Nov - 13 TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP MILK CHOICES	Nov - 14 TURKEY IN GRAVY MASHED POTATOES DINNER ROLL PUMPKIN CAKE W/T FRESH STRAWBERR APPLESAUCE CUP BROCCOLI STICKS CARROTS & PEAS CRANBERRY SAUCE MILK CHOICES	Nov - 15 *CHICKEN NUGGETS CINNAMON PUFF FRESH APPLE PEARS *CHEESY POTATOES MIXED VEGETABLES PARADISE PUNCH J MILK CHOICES	Nov - 16 MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES	Nov - 17 HAM AND CHEESE SANDWICH VEGETABLE FRUIT COOKIE MILK
Nov - 20 CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES	Nov - 21 CHICKEN SANDWICH PUDDING FRESH STRAWBERR MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES	Nov - 22 HAPPY	Nov - 23 THANKS	Nov - 24 GIVING
Nov - 27 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES	Nov - 28 PIZZA GREEN SALAD FRUIT RICE KRISPY TREAT MILK	Nov - 29 CHEESEBURGER ON FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS PARADISE PUNCH J MILK CHOICES	Nov - 30 TERIYAKI CHICKEN RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES	Dec - 1 ROAST BEEF SANDWICH VEGETABLES FRUIT RICE KRISPY TREAT 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.