

# Fast Forward Charter High School BREAKFAST

December 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
Dec -4 WAFFLE CHEESE STICK FRUIT MILK	Dec - 5 ROAST BEEF WRAP FRUIT MILK	Dec -6 FRUIT PARFAUT MUFFIN FRUIT MILK	Dec - 7 HAM AND CHEESE BAGEL FRUIT MILK	Dec - 1 Dec - 8 YOGURT POPTART FRUIT MILK
Dec - 11 CEREAL CHEESE STICK FRUIT MILK	Dec -12 PANCAKES YOGURT FRUIT MILK	Dec - 13 * * *ONLINE DAY *	Dec - 14 BAGEL AND CREAM CHEESE FRUIT MILK	Dec - 15 BREAKFAST PIZZA FRUIT MILK
Dec - 18 CEREAL CHEESE STICK FRUIT MILK	Dec - 19 BREAKFAST BURRITO FRUIT MILK	Dec - 20 YOGURT BREAKFAST BAR FRUIT MILK	Dec - 21 <b>MERRY</b>	Dec - 22 <b>CHRISTMAS</b>
Dec - 25 Jan - 1 <b>HAPPY NEW YEAR</b>	Dec - 26 Jan - 2 BREAKFAST PIZZA FRUIT MILK	Dec - 27 Jan - 3 PANCAKES CHEESE STICK FRUIT MILK	Dec - 28 Jan - 4 BAGEL AND CREAM CHEESE FRUIT MILK	Dec - 29 Jan - 5 CEREAL CHEESE STICK 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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January 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 8 *BREAKFAST PIZZA FRUIT MILK	Jan - 9 YOGURT BREAKFAST BAR FRUIT MILK	Jan - 10 FRUIT PARFAIT POPTART FRUIT MILK	Jan - 11 BREAKFAST BURRITO FRUIT MILK	Jan - 12 CEREAL CHEESE STICK FRUIT MILK
Jan - 15  NO SCHOOL	Jan - 16  BREAKFAST BURRITO  FRUIT  MILK	Jan - 17 *SAUSAGE CHEESE MUFFIN *FRUIT *MILK	Jan - 18  WAFFLES  GOGURT  FRUIT  MILK	Jan - 19 BAGEL AND CREAM CHEESE FRUIT PUDDING MILK
Jan - 22  PEANUT BUTTER JELLY SANDWICH  FRUIT  MILK	Jan - 23  PANCAKES  CHEESE STICK  FRUIT  MILK	Jan - 24  HAM AND CHEESE BAGEL FRUIT MILK	Jan - 25  BREAKFAST PIZZA  FRUIT  MILK	Jan - 26 YOGURT MUFFIN FRUIT MILK
Jan -29  CEREAL  CHEESE STICK  FRUIT  MILK	Jan - 30  WAFFLES  GOGURT  FRUIT  MILK	Jan -31  HAM AND CHEESE WRAP  FRUIT  MILK	Feb - 1  FRUIT PARFAIT BREAKFAST BAR FRUIT MILK	Feb - 2 BAGEL AND CREAM CHEESE FRUIT PUDDING MILK

This institution is an equal opportunity provider.

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