

Fast Forward Charter High School LUNCH

December 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 4 *TERIYAKI FINGER S RICE PUDDING MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP GREEN BEANS MILK CHOICES	Dec - 5 BAKED ZITI SHREDDED CHEESE CINNAMON PUFF BANANA APPLESAUCE CUP BROCCOLI STICKS NORMANDY BLEND GOLD FISH CRACKE MILK CHOICES	Dec - 6 GRILLED CHICKEN S SHREDDED CHEESE CILANTRO RICE FRESH APPLE FROZEN JUICE CUP SHADES OF GREEN BLACK BEANS CUCUMBER STICKS SALSA MILK CHOICES	Dec - 7 PIZZA GREEN SALALD FRUIT PUDDING MILK	Dec - 1 Dec - 8 HAM AND CHEESE WRAP VEGETABLE FRUIT RICE KRISPY TREAT MILK
Dec - 11 TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP MILK CHOICES	Dec - 12 TURKEY IN GRAVY MASHED POTATOES DINNER ROLL FROSTED PINK COO FRESH STRAWBERR APPLESAUCE CUP BROCCOLI STICKS COOKED CARROTS MILK CHOICES	Dec - 13 * * ONLINE DAY * *	Dec - 14 MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES	Dec - 15 PEANUT BUTTER JELLY SANDWICH VEGETABLE FRUIT GRANOLA BAR MILK
Dec - 18 CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES	Dec - 19 CHICKEN SANDWICH PUDDING FRESH STRAWBERR MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES	Dec - 20 FRENCH TOAST STI SAUSAGE PATTY FRESH APPLE PEARS HASH BROWN POTA FROZEN JUICE CUP CUCUMBER STICKS VEG CUP PANCAKE SYRUP MILK CHOICES	Dec - 21 MERRY	Dec - 22 CHRISTMAS
Dec - 25 Jan - 1 HAPPY NEW YEAR	Dec - 26 Jan - 2 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES	Dec - 27 Jan - 3 CHEESEBURGER ON FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS PARADISE PUNCH J MILK CHOICES	Dec - 28 Jan - 4 TERIYAKI CHICKEN RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES	Dec - 29 Jan - 5 HAM AND CHEESE SANDWICH VEGETABLE FRUIT COOKIE 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

LUNCH

January 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 8 *TERIYAKI FINGER S RICE PUDDING MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP GREEN BEANS MILK CHOICES	Jan - 9 BAKED ZITI SHREDDED CHEESE CINNAMON PUFF BANANA APPLESAUCE CUP BROCCOLI STICKS NORMANDY BLEND GOLD FISH CRACKE MILK CHOICES	Jan - 10 GRILLED CHICKEN S SHREDDED CHEESE CILANTRO RICE FRESH APPLE FROZEN JUICE CUP SHADES OF GREEN BLACK BEANS CUCUMBER STICKS SALSA MILK CHOICES	Jan - 11 PIZZA GREEN SALAD FRUIT COOKIE MILK	Jan - 12 PEANUT BUTTER JELLY SANDWICH VEGETABLE FRUIT CHIPS MILK
Jan - 15 NO SCHOOL	Jan - 16 TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP MILK CHOICES	Jan - 17 *CHICKEN NUGGETS CINNAMON PUFF FRESH APPLE PEARS *CHEESY POTATOES MIXED VEGETABLES PARADISE PUNCH J MILK CHOICES	Jan - 18 MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES	Jan - 19 HAM AND CHEESE WRAP VEGETABLE FRUIT PUDDING MILK
Jan - 22 CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES	Jan - 23 CHICKEN SANDWICH PUDDING FRESH STRAWBERR MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES	Jan - 24 FRENCH TOAST STI SAUSAGE PATTY FRESH APPLE PEARS HASH BROWN POTA FROZEN JUICE CUP CUCUMBER STICKS VEG CUP PANCAKE SYRUP MILK CHOICES	Jan - 25 CHICKEN NOODLE S CHEESE BREADSTIC FRESH APPLE PEARS PARADISE PUNCH J GREEN SALAD MILK CHOICES	Jan - 26 TURKEY AND CHEESE SANDWICH VEGETABLE FRUIT RICE KRISPY TREAT MILK
Jan - 29 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES	Jan - 30 PIZZA GREEN SALAD FRUIT RICE KRISPY TREAT MILK	Jan - 31 CHEESEBURGER ON FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS PARADISE PUNCH J MILK CHOICES	Feb - 1 TERIYAKI CHICKEN RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES	Feb - 2 ROAST BEEF SANDWICH VEGETABLE FRUIT CHIPS MILK

This institution is an equal opportunity provider.

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