

# Fast Forward Charter School

## LUNCH

Feb. 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
			Feb - 1 TERIYAKI CHICKEN RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES	Feb - 2 TURKEY AND CHEESE SANDWICH VEGETABLES FRUIT CHIPS MILK
Feb - 5 *TERIYAKI FINGER S RICE PUDDING MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP GREEN BEANS MILK CHOICES	Feb - 6 BAKED ZITI SHREDDED CHEESE CINNAMON PUFF BANANA APPLESAUCE CUP BROCCOLI STICKS NORMANDY BLEND GOLD FISH CRACKE MILK CHOICES	Feb - 7 GRILLED CHICKEN S SHREDDED CHEESE CILANTRO RICE FRESH APPLE FROZEN JUICE CUP SHADES OF GREEN BLACK BEANS CUCUMBER STICKS SALSA MILK CHOICES	Feb - 8 PIZZA  GREEN SALAD  FRUIT  COOKIE  MILK	Feb - 9 HAM AND CHEESE SANDWICH VEGETABLES FRUIT CHIPS MILK
Feb - 12 TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP MILK CHOICES	Feb - 13 TURKEY IN GRAVY MASHED POTATOES DINNER ROLL FROSTED PINK COO FRESH PEAR APPLESAUCE CUP BROCCOLI STICKS COOKED CARROTS MILK CHOICES	Feb - 14 *CHICKEN NUGGETS CINNAMON PUFF FRESH APPLE PEARS *CHEESY POTATOES MIXED VEGETABLES PARADISE PUNCH J MILK CHOICES	Feb - 15 MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES	Feb - 16 TURKEY AND CHEESE SANDWICH VEGETABLES FRUIT PUDDING MILK
Feb - 19  NO SCHOOL	Feb - 20 CHICKEN SANDWICH PUDDING PEACH CUPS MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES	Feb - 21 FRENCH TOAST STI SAUSAGE PATTY FRESH APPLE PEARS HASH BROWN POTA FROZEN JUICE CUP CUCUMBER STICKS VEG CUP PANCAKE SYRUP MILK CHOICES	Feb - 22 MASHED POTATOES CHICKEN GRAVY SPICY CHICKEN STRI SHREDDED CHEESE CORN CINNAMON PUFF FRESH APPLE PEARS PARADISE PUNCH J MILK CHOICES	Feb - 23 PEANUT BUTTER JELLY SANDWICH VEGETABLES FRUIT RICE KRISPY TREAT MILK
Feb - 26 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES	Feb - 27 PIZZA GREEN SALAD FRUIT RICE KRISPY TREAT MILK	Feb - 28 CHEESEBURGER ON FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS PARADISE PUNCH J MILK CHOICES	Feb - 29 TERIYAKI CHICKEN RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES	Mar - 1 HAM AND CHEESE SANDWICH VEGETABLES FRUIT PUDDING 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.**