

Fast Forward Charter High School

LUNCH

March 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mar - 4</p> <p>BAKED ZITI SHREDDED CHEESE CINNAMON PUFF BANANA APPLESAUCE CUP BROCCOLI STICKS NORMANDY BLEND GOLD FISH CRACKE MILK CHOICES</p>	<p>Mar - 5</p> <p>TACO SHELL TACO MEAT FRESH STRAWBERR APPLESAUCE CUP SHREDDED CHEESE BLACK BEANS CORN SALSA CINNAMON GRAHAM MILK CHOICES</p>	<p>Mar - 6</p> <p>FRENCH TOAST STI SAUSAGE PATTY FRESH APPLE FROZEN JUICE CUP HASH BROWN POT FROZEN JUICE CUP CUCUMBER STICKS VEG CUP PANCAKE SYRUP MILK CHOICES</p>	<p>Mar - 7</p> <p>PIZZA GREEN SALAD FRUIT COOKIE MILK</p>	<p>Mar - 1</p> <p>Mar - 8</p> <p>TURKEY AND CHEESE SANDWICH VEGETABLE FRUIT CHIPS MILK</p>
<p>Mar - 11</p> <p>TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP MILK CHOICES</p>	<p>Mar - 12</p> <p style="text-align: center;">ACT TEST DAY (JUNIORS ONLY)</p>	<p>Mar - 13</p> <p>* * ONLINE DAY</p>	<p>Mar - 14</p> <p>MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES</p>	<p>Mar - 15</p> <p>PEANUT BUTTER JELLY SANDWICH VEGETABLEE FRUIT CHIPS MILK</p>
<p>Mar - 18</p> <p>CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES</p>	<p>Mar - 19</p> <p>CHICKEN SANDWICH PUDDING FRESH STRAWBERR MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES</p>	<p>Mar - 20</p> <p>GRILLED CHICKEN S SHREDDED CHEESE CILANTRO RICE FRESH APPLE PEARS SHADES OF GREEN BLACK BEANS CUCUMBER STICKS SALSA MILK CHOICES</p>	<p>Mar - 21</p> <p>CHICKEN NOODLE S CHEESE BREADSTIC FRESH APPLE PEARS PARADISE PUNCH J GREEN SALAD MILK CHOICES</p>	<p>Mar - 22</p> <p>HAM AND CHEESE SANDWICH VEGETABLE FRUIT PUDDING MILK</p>
<p>Mar - 25</p> <p>CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES</p>	<p>Mar - 26</p> <p>CHICKEN EMPANAD BLACK BEANS FRESH STRAWBERR APPLESAUCE CUP BROCCOLI STICKS MILK CHOICES</p>	<p>Mar - 27</p> <p>CHEESEBURGER ON FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS PARADISE PUNCH J MILK CHOICES</p>	<p>Mar - 28</p> <p>TERIYAKI CHICKEN RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES</p>	<p>Mar - 29</p> <p>TURKEY AND CHEESE SANDWICH VEGETABLE FRUIT RICE KRISPY TREAT MILK</p>

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.