

Fast Forward Charter High School

LUNCH

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 1 Apr - 8 BAKED ZITI SHREDDED CHEESE CINNAMON PUFF JUICE CHOICE MANDARIN ORANGE BROCCOLI STICKS NORMANDY BLEND GOLD FISH CRACKE MILK CHOICES	Apr - 2 Apr - 9 TACO SHELL TACO MEAT FRESH STRAWBERR APPLESAUCE CUP SHREDDED CHEESE BLACK BEANS CORN SALSA CINNAMON GRAHAM MILK CHOICES	Apr - 3 Apr - 10 FRENCH TOAST STI SAUSAGE PATTY FRESH APPLE STRAWBERRY CUPS HASH BROWN POTA CUCUMBER STICKS VEG CUP PANCAKE SYRUP MILK CHOICES	Apr - 4 Apr - 11 PIZZA GREEN SALAD FRUIT RICE KRISPY TREAT MILK	Apr - 5 Apr - 12 TURKEY AND CHEESE SANDWICH VEGETABLES FRUIT CHIPS MILK
Apr - 15 TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE RED PEPPERS MILK CHOICES	Apr - 16 TURKEY IN GRAVY MASHED POTATOES DINNER ROLL FROSTED PINK COO FRESH STRAWBERR APPLESAUCE CUP BROCCOLI STICKS COOKED CARROTS MILK CHOICES	Apr - 17 *CHICKEN NUGGETS CINNAMON PUFF FRESH APPLE PEARS *CHEESY POTATOES MIXED VEGETABLES PARADISE PUNCH J MILK CHOICES	Apr - 18 MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES	Apr - 19 PEANUT BUTTER JELLY SANWICH VEGETABLES FRUIT COOKIE MILK
Apr - 22 CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES	Apr - 23 CHICKEN SANDWICH PUDDING FRESH STRAWBERR MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES	Apr - 24 GRILLED CHICKEN S SHREDDED CHEESE CILANTRO RICE FRESH APPLE PEARS SHADES OF GREEN BLACK BEANS CUCUMBER STICKS SALSA MILK CHOICES	Apr - 25 MASHED POTATOES CHICKEN GRAVY SPICY CHICKEN STRI SHREDDED CHEESE CORN CINNAMON PUFF FRESH APPLE PEARS PARADISE PUNCH J MILK CHOICES	Apr - 26 HAM AND CHEESE SANDWICH VEGETABLES FRUITS PUDDING MILK
Apr - 29 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES	Apr - 30 CHICKEN EMPANAD BLACK BEANS RICE KRISPY TREAT APPLESAUCE CUP BROCCOLI STICKS MILK CHOICES			

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.