

# Fast Forward Charter High School LUNCH

August 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
	Aug - 20  PIZZA GREEN SALAD FRUIT RICE KRISPY TREAT MILK	Aug - 21  TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE RED PEPPERS MILK CHOICES  Aug - 28	Aug - 22  MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES  Aug - 29	Aug - 23  HAM AND CHEESE SANDWICH VEGETABLE FRUIT CHIPS MILK
Aug - 26  CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES	Aug - 27  CHICKEN SANDWICH PUDDING FRESH STRAWBERR MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES	Sep - 28  GRILLED CHICKEN SALAD SHREDDED PUDDING CHEESE FRESH APPLE PEARS CILANTRO RICE SHADES OF GREEN BLACK BEANS PARADISE PUNCH J SALSA MILK CHOICES	Aug - 29  MASHED POTATOES CHICKEN GRAVY SPICY CHICKEN STRIPS SHREDDED CHEESE CORN CINNAMON PUFF FRESH APPLE PEARS PARADISE PUNCH J MILK CHOICES	Aug - 30  TURKEY AND CHEESE SANDWICH VEGETABLES FRUIT COOKIE MILK
Sep - 2  NO SCHOOL	Sep - 3  CHICKEN EMPANAD BLACK BEANS FRESH STRAWBERR APPLESAUCE CUP RICE KRISPY TREAT BROCCOLI STICKS MILK CHOICES	Sep - 4  ONLINE DAY	Sep - 5  SWEET & SOUR CHICKEN RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES	Sep - 6  PEANUT BUTTER JELLY SANDWICH VEGETABLES FRUIT PUDDING MILK
Sep - 9  BAKED PASTA WITH SHREDDED CHEESE CINNAMON PUFF MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP GREEN BEANS MILK CHOICES	Sep - 10  TACO SHELL TACO MEAT APPLESAUCE CUP FRESH STRAWBERRIES SHREDDED CHEESE BLACK BEANS CORN SALSA CINNAMON GRAHAM MILK CHOICES	Sep - 11  FRENCH TOAST STICKS SAUSAGE PATTY FRESH APPLE STRAWBERRY CUPS HASH BROWN POTA CUCUMBER STICKS VEG CUP PANCAKE SYRUP MILK CHOICES	Sep - 12  PIZZA  GREEN SALAD  FRUIT  COOKIE  MILK	Sep - 13  HAM AND CHEESE WRAP VEGETABLES FRUIT RICE KRISPY TREAT MILK
Sep - 16  TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE RED PEPPERS MILK CHOICES	Sep - 17  TURKEY IN GRAVY MASHED POTATOES DINNER ROLL FROSTED PINK COO FRESH STRAWBERR APPLESAUCE CUP BROCCOLI STICKS COOKED CARROTS MILK CHOICES	Sep - 18  *CHICKEN NUGGETS CINNAMON PUFF FRESH APPLE PEARS *CHEESY POTATOES MIXED VEGETABLES PARADISE PUNCH J MILK CHOICES	Sep - 19  MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES	Sep - 20 TURKEY AND CHEESE SANDWICH VEGETABLES FRUIT GRANOLA BAR 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

Sept. 2024

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Monday	Tuesday	Sep - 25 Wednesday	Thursday	Friday
Sep - 23  CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES	Sep - 24  CHICKEN SANDWICH PUDDING FRESH STRAWBERR MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES	GRILLED CHICKEN SALAD SHREDDED CHEESE FRESH APPLE PEARS CILANTRO RICE SHADES OF GREEN BLACK BEANS PARADISE PUNCH J SALSA MILK CHOICES	Sep - 26  MASHED POTATOES CHICKEN GRAVY SPICY CHICKEN STRIPS SHREDDED CHEESE CORN CINNAMON PUFF FRESH APPLE PEARS PARADISE PUNCH J MILK CHOICES	Sep - 27  CHICKEN SANWICH ON A CROISSANT VEGETABLES FRUIT CHIPS MILK
Sep - 30  CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES	Oct - 1  CHICKEN EMPANAD BLACK BEANS FRESH STRAWBERR APPLESAUCE CUP RICE KRISPY TREAT BROCCOLI STICKS MILK CHOICES	Oct - 2  CHEESEBURGER ON FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS PARADISE PUNCH J MILK CHOICES	Oct - 3  SWEET & SOUR CHICKEN RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES	Oct - 4  TURKEY AND CHEESE WRAP VEGETABLES FRUIT PUDDING MILK

This institution is an equal opportunity provider.

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