

# Fast Forward Charter School BREAKFAST

August 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
	Aug - 20 HAM AND CHEESE SANDWICH FRUIT JUICE MILK CHIPS	Aug - 21  PANCAKES GOGURT FRUIT MILK	Aug - 22 PARFAITS POPTART FRUIT MILK	Aug - 23 BAGEL AND CREAM CHEESE FRUIT PUDDING MILK
Aug - 26  CEREAL CHEESE STICKS FRUIT MILK	Aug - 27  BREAKFAST PIZZA  FRUIT  MILK	Aug - 28  EGG AND CHEESE MCMUFFIN FRUIT MILK	Aug - 29  HAM AND CHEESE BAGEL  FRUIT  MILK	Aug - 30  YOGURT GRANOLA BAR FRUIT MILK
Sep - 2  NO SCHOOL	Sep - 3  CEREAL CHEESE STICKS FRUIT MILK	Sep - 4  ONLINE DAY	Sep - 5  PANCAKES  CHEESE STICKS FRUIT MILK	Sep - 6 GOGURT POPTART FRUIT MILK
Sep - 9  CEREAL CHEESE STICK  FRUIT MILK	Sep - 10  BREAKFAST BURRITO  FRUIT  MILK  T	Sep - 11  PARFAIT MUFFIN FRUIT MILK	Sep - 12  FRENCH TOAST SAUSAGE FRUIT MILK	Sep - 13 YOGURT GRANOLA BAR FRUIT MILK
Sep - 16  PANCAKES  GOGURT  FRUIT  MILK	Sep - 17  BREAKFAST PIZZA  FRUIT  MILK	Sep - 18 *BAGEL AND CREAM CHEESE *FRUIT PUDDING *MILK	Sep - 19  EGG AND CHEESE MCMUFFIN FRUIT MILK	Sep - 20 CEREAL CHEESE STICK FRUIT 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 BREAKFAST

Sept. 2024

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Monday	Tuesday	Sep - 25 Wednesday	Thursday	Friday
Sep - 23 BREAKFAST BURRITO  FRUIT MILK	Sep - 24 PARFAIT POPTART FRUIT MILK	BISCUITS AND GRAVY FRUIT MILK	Sep - 26 PANCAKES YOGURT FRUIT MILK	Sep - 27 CEREAL CHEESE STICK MILK
Sep - 30  BAGEL AND CREAM CHEESE PUDDING FRUIT MILK	Oct - 1  WAFFLES  CHEESE STICKS  FRUIT  MILK	Oct - 2  PARFAIT  MUFFIN  FRUIT  MILK	Oct - 3  PEANUT BUTTER JELLY SANDWICH  FRUIT MILK	Oct - 4 YOGURT GRANOLA BAR FRUIT MILK

This institution is an equal opportunity provider.

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