

# Fast Forward Charter High School

## BREAKFAST

Oct. 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
	Oct - 1 WAFFLES CHEESE STICK FRUIT MILK	Oct - 2 PARFAIT MUFFIN FRUIT MILK	Oct - 3  PEANUT BUTTER JELLY SADWICH FRUIT MILK	Oct - 4 YOGURT GRANOLA BAR FRUIT MILK
Oct - 7  CEREAL  POPTART  FRUIT  MILK	Oct-8  PANCAKES  PUDDING  FRUIT  MILK	Oct - 9 BREAKFAST PIZZA FRUIT MILK	Oct - 10  FRENCH TOAST SAUSAGE FRUIT MILK	Oct - 11 YOGURT GRANOLA BAR FRUIT MILK
Oct - 14  CERAL  CHEESE STICK  FRUIT  MILK	Oct - 15  *BREAKFAST BURRITO FRUIT MILK	Oct - 16  <b>ONLINE DAY</b>	Oct - 17  <b>FALL BREAK</b>	Oct - 18
Oct - 21  YOGURT  POPTART  FRUIT  MILK	Oct - 22  SAUSAGE MCMUFFIN  FRUIT MILK	Oct - 23  <b>ONLINE DAY</b>	Oct - 24  HAM AND CHEESE WRAP FRUIT MILK	Oct - 25 CEREAL CHEESE STICK FRUIT MILK
Oct - 28  YOGURT POPTART FRUIT MILK	Oct - 29  WAFFLES GOGURT FRUIT MILK	Oct - 30  PARFAIT  MUFFIN  FRUIT  MILK	Oct - 31  BAGEL AND CREAM CHEESE FRUIT MILK	Nov - 1 CEREAL CHEESE STICK FRUIT 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.**