

Fast Forward Charter High School

LUNCH

Oct.2024

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Monday	Tuesday	Wednesday	Thursday	Friday
	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 CHI RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES	Oct - 4 TURKEY AND CHEESE SANDICH VEGETABLES FRUIT CHIPS MILK
Oct - 7 ROTINI SPAGHETTI MEAT S SHREDDED CHEESE DONUT MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP GREEN BEANS MILK CHOICES	Oct - 8 TACO SHELL TACO MEAT APPLESAUCE CUP FRESH STRAWBERR SHREDDED CHEESE BLACK BEANS CORN SALSA CINNAMON GRAHAM MILK CHOICES	Oct - 9 FRENCH TOAST STI SAUSAGE PATTY FRESH APPLE STRAWBERRY CUPS HASH BROWN POTA CUCUMBER STICKS VEG CUP PANCAKE SYRUP MILK CHOICES	Oct - 10 PIZZA GREEN SALAD FRUIT RICE KRISPY TREAT MILK	Oct - 11 HAM AND CHEESE SANDWICH VEGETABLES FRUIT COOKIE MILK
Oct - 14 TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE PEACH CUPS RED PEPPERS MILK CHOICES	Oct - 15 *TERIYAKI FINGER S MASHED POTATOES DINNER ROLL FROSTED PINK COO FRESH STRAWBERR APPLESAUCE CUP BROCCOLI STICKS COOKED CARROTS MILK CHOICES	Oct - 16 ONLINE DAY	Oct - 17 FALL BREAK	Oct - 18
Oct - 21 CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES	Oct - 22 CHICKEN SANDWICH PUDDING FRESH STRAWBERR MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES	Oct - 23 ONLINE DAY	Oct - 24 MASHED POTATOES CHICKEN GRAVY SPICY CHICKEN STRI SHREDDED CHEESE CORN CINNAMON PUFF FRESH APPLE PEARS PARADISE PUNCH J MILK CHOICES	Oct - 25 PEANUT BUTTER SANDWICH VEGETABLES FRUIT PUDDING MILK
Oct - 28 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES	Oct - 29 CHICKEN EMPANAD BLACK BEANS FRESH STRAWBERR PEACH CUPS RICE KRISPY TREAT BROCCOLI STICKS MILK CHOICES	Oct - 30 CHEESEBURGER ON FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS PARADISE PUNCH J MILK CHOICES	Oct - 31 CHICKEN POPPERS FRENCH FRIES CORN ORANGE PEARS PUDDING GOLD FISH CRACKE MILK CHOICES	Nov - 1 TURKEY AND CHEESE SANDWICH VEGETABLES FRUIT CHIPS 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.