

# Fast Forward Charter School BREAKFAST

Nov.2024

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 4  GOGURT POPTART FRUIT MILK	Nov - 5  PARFAIT MUFFIN FRUIT MILK	Nov - 6  HAM AND CHEESE WRAP  FRUIT  MLK	Nov - 7  FRENCH TOAST SAUSAGE FRUIT MILK	Nov - 1  Nov - 8 BAGEL AND CREAM CHEESE FRUIT MILK
Nov - 11  CEREAL CHEESE STICK FRUIT MILK	Nov - 12  SAUSAGE AND CHEESE MCMUFFIN FRUIT MILK	Nov - 13 *HAM AND CHEESE BAGEL *FRUIT *MILK *	Nov - 14  BREAKFAST PIZZA  FRUIT  MILK	Nov - 15 PEANUT BUTTER JELLY SANDWICH FRUIT MILK
Nov - 18  YOGURT  GRANOLA BAR  FRUIT  MILK	Nov - 19  BISCUITS AND GRAVY FRUIT MILK	Nov - 20  PANCAKES GOGURT FRUIT MILK	Nov - 21  PARFAIT MUFFIN FRUIT MILK	Nov - 22 HAM AND CHEESE WRAP FRUIT MILK
Nov - 25  BREAKFAST BURRITO  FRUIT  MILK	Nov - 26  CEREAL CHEESE STICK FRUIT MILK	Nov-27  <b style="font-size: 2em; text-align: center;">HAPPY</b>	Nov - 28  <b style="font-size: 2em; text-align: center;">THANKSGIVING</b>	Nov - 29

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.***