

# Fast Forward Charter High School

## LUNCH

Nov. 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 4 ROTINI SPAGHETTI MEAT S SHREDDED CHEESE CINNAMON PUFF MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP GREEN BEANS MILK CHOICES	Nov - 5 TACO SHELL TACO MEAT APPLESAUCE CUP FRESH STRAWBERR SHREDDED CHEESE BLACK BEANS CORN SALSA CINNAMON GRAHAM MILK CHOICES	Nov - 6 FRENCH TOAST STI SAUSAGE PATTY FRESH APPLE STRAWBERRY CUPS HASH BROWN POTA CUCUMBERS PANCAKE SYRUP MILK CHOICES	Nov - 7 PIZZA GREEN SALAD FRUIT COOKIE MILK	Nov . 8 TURKEY AND CHEESE SANDWICH VEGETABLES FRUIT CHIPS MILK
Nov - 11 TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE RED PEPPERS MILK CHOICES	Nov - 12 TURKEY IN GRAVY MASHED POTATOES DINNER ROLL PUMPKIN CAKE W/T FRESH STRAWBERR APPLESAUCE CUP BROCCOLI STICKS CARROTS & PEAS CRANBERRY SAUCE MILK CHOICES	Nov - 13 *CHICKEN NUGGETS DONUT FRESH APPLE PEARS *CHEESY POTATOES MIXED VEGETABLES PARADISE PUNCH J MILK CHOICES	Nov - 14 MINI CALZONES MARINRA SAUCE DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK	Nov-15 HAM AND CHEESE SAND WICH VEGETABLES FRUIT CHIPS MILK
Nov - 18 CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES	Nov - 19 CHICKEN SANDWICH PUDDING FRESH STRAWBERR PUMPKIN PIE APPLE BROCCOLI STICKS POTATO WEDGES MILK CHOICES	Nov - 20 GRILLED CHICKEN S SHREDDED CHEESE FRESH APPLE PEARS CILANTRO RICE SHADES OF GREEN BLACK BEANS PARADISE PUNCH J SALSA MILK CHOICES	Nov - 21 CHICKEN NOODLE S CHEESE BREADSTIC FRESH APPLE PEARS PARADISE PUNCH J GREEN SALAD MILK CHOICES	Nov - 22 PEANUT BUTTER SANDWICH VEGETABLES FRUIT RICE KRISPT TREAT MILK
Nov - 25 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES	Nov - 26 CHICKEN EMPANAD BLACK BEANS FRESH STRAWBERR APPLESAUCE CUP RICE KRISPY TREAT BROCCOLI STICKS MILK CHOICES	Nov -27 <div style="text-align: center; font-size: 2em; font-weight: bold;">HAPPY</div>	Nov -28 <div style="text-align: center; font-size: 2em; font-weight: bold;">THANKSGIVING</div>	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.