

Fast Forward Charter High School BREAKFAST

DEC. 2024

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 2 YOGURT POPTART FRUIT MILK	Dec - 3 CEREAL CHEESE STICK FRUIT MILK	Dec - 4 GIOGURT POPTART FRUIT MILK	Dec - 5 FRENCH TOAST SAUSAGE FRUIT MILK	Dec - 6 HAM AND CHEESE WRAP FRUIT MILK
Dec - 9 CEREAL CHEESE STICK FRUIT MILK	Dec - 10 SAUSAGE AND CHEESE MCMUFFIN FRUIT MILK	Dec - 11 * * *ONLINE DAY	Dec - 12 BREAKFAST PIZZA FRUIT MILK	Dec - 13 BAGEL AND CREAM CHEESE FRUIT MILK
Dec - 16 YOGURT GRANOLA BAR FRUIT MILK	Dec - 17 PANCAKES GOGURT FRUIT MILK	Dec - 18 PARFAITS MUFFIN FRUIT MILK	Dec - 19 HAM AND CHEESE BAGEL FRUIT MILK	Dec - 20 CEREAL CHEESE STICK FRUIT MILK
Dec - 23	Dec - 24	Dec - 25	Dec - 26	Dec - 27
Dec - 30 -Jan.6	Dec - 31 Jan - 7	Jan - 1 Jan.8	Jan - 2 Jan - 9	Jan - 3 Jan - 10
BREAKFAST PIZZA FRUIT MILK	WAFFLE CHEESE STICK FRUIT MILK	BREAKFAST BURRITO FRUIT MILK	SWEET & SOUR CHI RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBERS CINNAMON PUFF MILK CHOICES	BAGEL AND CREAM CHEESE FRUIT MILK
Jan - 13	Jan - 14	Jan - 15	Jan - 16	Jan - 17
CEREAL CHEESE STICK FRUIT MILK	BISUITS AND GRAVY FRUIT MILK	PARFAIT MUFFIN FRUIT MILK	FRENCH TOAST SAUSAGE PATTY FRUIT MILK	YOGURT POPTART 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

JAN. 2025

Page 2

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 20 NO SCHOOL	Jan - 21 CEREAL CHEESE STICK FRUIT MILK	Jan - 22 *SAUSAGE AND CHEESE MCMUFFIN *FRUIT MILK	Jan - 23 PANCAKES GOGURT FRUIT MILK	Jan - 24 YOGURT GRANOLA BAR FRUIT MILK
Jan - 27 CEREAL CHEESE STICK FRUIT MILK	Jan - 28 HAM AND CHEESE BAGEL FRUIT MILK	Jan - 29 PARFAIT MUFFIN FRUIT MILK	Jan - 30 HAM AND CHEESE WRAP FRUIT MILK	Jan - 3 YOGURT POPTART FRUIT MILK1

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.*