

Fast Forward Charter High School

LUNCH

DEC,2024

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Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 2 ROTINI SPAGHETTI MEAT S SHREDDED CHEESE DONUT MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP GREEN BEANS MILK CHOICES	Dec - 3 TACO SHELL TACO MEAT APPLESAUCE CUP FRESH STRAWBERR SHREDDED CHEESE BLACK BEANS CORN SALSA CINNAMON GRAHAM MILK CHOICES Dec - 10	Dec - 4 FRENCH TOAST STI SAUSAGE PATTY FRESH APPLE STRAWBERRY CUPS HASH BROWN POTA CUCUMBERS PANCAKE SYRUP MILK CHOICES	Dec - 5 DPIZZA GREEN SALAD FRUIT RICE KRISPY TREAT MILK	Dec - 6 HAM AND CHEESE SANDWICH VEGETABLE FRUIT CHIPS MILK
Dec - 9 TORTILLA CHIPS NACHO CHEESE SA UCE TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE RED PEPPERS MILK CHOICES	TURKEY IN GRAVY MASHED POTATOES DINNER ROLL FROSTED PINK COOKIE STRAWBERRY CUPS APPLESAUCE CUP BROCCOLI STICKS COOKED CARROTS MILK CHOICES	Dec - 11 * * * *ON LINE DAY	Dec - 12 MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES Dec - 19	Dec - 13 TURKEY AND CHEESE SADWICH VEGETABLE FRUIT CHIPS MILK
Dec - 16 CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES	Dec - 17 CHICKEN SANDWICH PUDDING STRAWBERRY CUPS MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES	Dec - 18 BEAN & CHEESE PU CURTIDO SHREDDED CHEESE FRESH APPLE PEARS CILANTRO RICE BLACK BEANS PARADISE PUNCH J MILK CHOICES	CHICKEN NOODLE SOUP CHEESE BREADSTICK FRESH APPLE PEARS PARADISE PUNCH J GREEN SALAD MILK CHOICES	Dec - 20 PEANUT BUTTER JELLY SANDWICH VEGETABLE FRUIT MILK
Dec - 23	Dec - 24	Dec - 25	Dec - 26	Dec - 27
Dec - 30	Dec - 31	Jan - 1	Jan - 2	Jan - 3
Jan - 6 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES	Jan - 7 CHICKEN EMPANAD BLACK BEANS STRAWBERRY CUPS APPLESAUCE CUP RICE KRISPY TREAT BROCCOLI STICKS MILK CHOICES	Jan - 8 CHEESEBURGER ON BUN FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS PARADISE PUNCH J MILK CHOICES	Jan - 9 SWEET & SOUR CHI RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBERS CINNAMON PUFF MILK CHOICES Jan - 16	Jan - 10 HAM AND CHEESE SANDWICH VEGETABLE FRUIT RICE KRISPY TREAT MILK
Jan - 13 ROTINI SPAGHETTI MEAT S SHREDDED CHEESE CINNAMON PUFF MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP GREEN BEANS MILK CHOICES	Jan - 14 TACO SHELL TACO MEAT APPLESAUCE CUP FRESH STRAWBERR SHREDDED CHEESE BLACK BEANS CORN SALSA CINNAMON GRAHAM MILK CHOICES	Jan - 15 FRENCH TOAST STI SAUSAGE PATTY FRESH APPLE STRAWBERRY CUPS HASH BROWN POTA CUCUMBERS PANCAKE SYRUP MILK CHOICES	PIZZA GREEN SALAD FRUIT COOKIE MILK	Jan - 17 TURKEY AND CHEESE SANDWICH VEGETABLE FRUIT PUDDING 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 High School LUNCH

JAN. 2025

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 20 NO SCHOOL	Jan.21 TURKEY IN GRAVY MASHED POTATOES DINNER ROLL FROSTED PINK COO STRAWBERRY CUPS APPLESAUCE CUP BROCCOLI STICKS COOKED CARROTS MILK CHOICES	Jan - 22 *CHICKEN NUGGETS CINNAMON PUFF FRESH APPLE PEARS *CHEESY POTATOES MIXED VEGETABLES PARADISE PUNCH J MILK CHOICES	Jan - 23 MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES	Jan - 24 PEANUT BUTTER JELLY SANDWICH VEGETABLE FRUIT RICE KRISPY TREAT MILK
Jan - 27 CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES	Jan - 28 CHICKEN SANDWICH PUDDING FRESH STRAWBERR MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES	Jan - 29 GRILLED CHICKEN S SHREDDED CHEESE FRESH APPLE PEARS CILANTRO RICE SHADES OF GREEN BLACK BEANS PARADISE PUNCH J SALSA MILK CHOICES	Jan - 30 CHICKEN NOODLE S CHEESE BREADSTIC FRESH APPLE PEARS PARADISE PUNCH J GREEN SALAD MILK CHOICES	Jan - 31 CHICKEN SANDWICH VEGETABLE FRUIT CHIPS MILK

This institution is an equal opportunity provider.

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** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

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