

# Fast Forward Charter High School

## LUNCH

Feb. 2025

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Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 3  CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES	Feb - 4  CHICKEN EMPANAD BLACK BEANS STRAWBERRY CUPS APPLESAUCE CUP RICE KRISPY TREAT BROCCOLI STICKS MILK CHOICES	Feb - 5  CHEESEBURGER ON FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS PARADISE PUNCH J MILK CHOICES	Feb - 6  SWEET & SOUR CHI RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBERS CINNAMON PUFF MILK CHOICES	Feb - 7  HAM AND CHEESE SANDWICH VEGETABLE FRUIT CHIPS MILK
Feb - 10  ROTINI SPAGHETTI MEAT S SHREDDED CHEESE CINNAMON PUFF MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP GREEN BEANS MILK CHOICES	Feb - 11  TACO SHELL TACO MEAT APPLESAUCE CUP FRESH STRAWBERR SHREDDED CHEESE BLACK BEANS CORN SALSA CINNAMON GRAHAM MILK CHOICES	Feb - 12  FRENCH TOAST STI SAUSAGE PATTY FRESH APPLE STRAWBERRY CUPS HASH BROWN POTA CUCUMBERS PANCAKE SYRUP MILK CHOICES	Feb - 13  PIZZA  GREEN SALAD  FRUIT  RICE KRISPY TREAT  MILK	Feb - 14  TURKEY AND CHEESE SANDWICH VEGETABLE FRUIT PUDDING MILK
Feb - 17  <div style="text-align: center; font-size: 2em; font-weight: bold;">NO SCHOOL</div>	Feb - 18  TURKEY IN GRAVY MASHED POTATOES DINNER ROLL FROSTED PINK COO PEACH CUPS APPLESAUCE CUP BROCCOLI STICKS COOKED CARROTS MILK CHOICES	Feb - 19  *CHICKEN NUGGETS CINNAMON PUFF FRESH APPLE PEARS *CHEESY POTATOES MIXED VEGETABLES PARADISE PUNCH J MILK CHOICES	Feb - 20  MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES	Feb - 21  PEANUT BUTTER AND JELLY SANDWICH VEGETABLE FRUIT CHIPS MILK
Feb - 24  CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES	Feb - 25  CHICKEN SANDWICH PUDDING FRESH STRAWBERR MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES	Feb - 26  BEAN & CHEESE PU SHREDDED CHEESE FRESH APPLE PEARS CILANTRO RICE CURTIDO BLACK BEANS PARADISE PUNCH J MILK CHOICES	Feb - 27  MASHED POTATOES SPICY  CHICKEN STRIPS  SHREDDED CHEESE CORN  CINN. PUFFS APPLES  PEARS PARADISE PUNCH  MILK	Feb-28  HAM AND CHEESE  SANDWICH  VEGETABLE  FRUIT MILK  RICE KRISPY TREAT

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.