

# Fast Forward Charter High School

## LUNCH

March 2025

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 3 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP RANCH DRESSING MILK CHOICES	Mar - 4 CHICKEN EMPANAD BLACK BEANS FROZEN STRAWBER APPLESAUCE CUP RICE KRISPY TREAT BROCCOLI STICKS RANCH DRESSING MILK CHOICES	Mar - 5 CHEESEBURGER ON BUN FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS PARADISE PUNCH J MILK CHOICES	Mar - 6 SWEET & SOUR CHICKEN RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBERS RANCH DRESSING CINNAMON PUFF MILK CHOICES	Mar - TURKEY AND CHEESE SANWICH VEGETABLES FRUIT CHIPS MILK
Mar - 10 ROTINI SPAGHETTI MEAT S SHREDDED CHEESE CINNAMON PUFF MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP GREEN BEANS RANCH DRESSING MILK CHOICES	Mar - 11  <b>ACT                      TESTING</b>	Mar - 12  <b>ONLINE DAY</b>	Mar - 13 DOMINOS PIZZA GOLD FISH CRACKE JUICE CHOICE PEACHES GREEN SALAD GRAPE TOMATOES RANCH DRESSING MILK CHOICES	Mar - 14 PEANUT BUTTER AND JELLY SANDWICH VEGETABLE FRUIT RICE KRISPY TREAT MILK
Mar - 17 TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE RED PEPPERS RANCH DRESSING MILK CHOICES	Mar - 18 TURKEY IN GRAVY MASHED POTATOES DINNER ROLL FROSTED PINK COO FRESH STRAWBERR APPLESAUCE CUP BROCCOLI STICKS COOKED CARROTS RANCH DRESSING MILK CHOICES	Mar - 19 *CHICKEN NUGGETS CINNAMON PUFF FRESH APPLE PEARS *CHEESY POTATOES MIXED VEGETABLES PARADISE PUNCH J MILK CHOICES	Mar - 20 MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE FROZEN STRAWBERRIES GREEN SALAD CORN RANCH DRESSING MILK CHOICES	Mar - 21 HAM AND CHEESE SANDWICH VEGETABLES FRUIT PUDDING MILK
Mar - 24 CHICKEN SANDWICH  PUDDING MILK  POTATO WEDGES  MANDRIN ORAGES  BROCCOLI JUICE	Mar - 25 CORN DOG EMOJI FRIES DINNER ROLL CARROTS AND RED PEPPERS APPLESAUCE FRESHSTRAWBERRIES MILK CHOICE	Mar - 26 BEAN & CHEESE PUPUSAS SHREDDED CHEESE FRESH APPLE PEARS CILANTRO RICE CURTIDO BLACK BEANS PARADISE PUNCH J UICE MILK CHOICE	Mar - 27 CHICKEN NOODLE SOUP CHEESE BREADSTIC FROZEN STRAWBERRIES PEACHES PARADISE PUNCH J GREEN SALAD RANCH DRESSING MILK CHOICE	Mar - 28 CHICKEN AND CHEESE SANDWICH VEGETABLES FRUIT COOKIE MILK
Mar - 31				

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.