

Fast Forward Charter High School LUNCH

April 2025

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Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 7 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP RANCH DRESSING MILK CHOICES	Apr - 8 CHICKEN EMPANAD BLACK BEANS F ROZEN STRAWBERRIES APPLESAUCE CUP RICE KRISPY TREAT BROCCOLI STICKS RANCH DRESSING MILK CHOICES	Apr - 9 CHEESEBURGER ON BUN FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS PARADISE PUNCH J UICE MILK CHOICES	Apr - 30 SWEET & SOUR CHICKEN RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBERS RANCH DRESSING CINNAMON PUFF MILK CHOICES	Apr - 4 Apr - 11 HAM AND CHEESE SANDWICH VEGETABLE FRUIT CHIPS MILK
Apr - 14 ROTINI SPAGHETTI MEATSAUCE SHREDDED CHEESE DONUT MANDARIN ORANGE JUICE CHOICE CARROT & RED PEPPERS VEGGIE CUP GREEN BEANS RANCH DRESSING MILK CHOICES	Apr - 15 TACO SHELL TACO MEAT APPLESAUCE CUP FRESH STRAWBERRIES SHREDDED CHEESE BLACK BEANS CORN SALSA CINNAMON GRAHAM MILK CHOICES	Apr - 16 9TH AND 10TH GRADE TEST DAY	Apr - 17 PIZZA GREEN SALAD FRUIT RICE KRISPY TREAT MILK	Apr - 18 TURKEY AND CHEESE SANDWICH VEGETABLE FRUIT CHIPS MILK
Apr - 21 TORTILLA CHIPS NACHO CHEESE SAUCE TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE RED PEPPERS RANCH DRESSING MILK CHOICES	Apr - 22 TURKEY IN GRAVY MASHED POTATOES DINNER ROLL FROSTED PINK COOKIE FROZEN STRAWBERIES APPLESAUCE CUP BROCCOLI STICKS COOKED CARROTS RANCH DRESSING MILK CHOICES	Apr - 23 *CHICKEN NUGGETS CINNAMON PUFF FRESH APPLE PEARS *CHEESY POTATOES MIXED VEGETABLES PARADISE PUNCH JUICE MILK CHOICES	Apr - 24 MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN RANCH DRESSING MILK CHOICES	Apr - 25 PEANUT BUTTER JELLY SANDWICH VEGETABLE FRUIT PUDDING MILK
Apr - 28 CHICKEN SANDWICH PUDDING FRESH STRAWBERRIES MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES RANCH DRESSING MILK CHOICES	Apr - 29 CORNDOG DINNER ROLL FROZEN STRAWBERIES APPLESAUCE CUP EMOJI FRIES CARROT & RED PEPPERS VEGGIE CUP RANCH DRESSING MILK CHOICES	Apr - 30 ONLINE DAY		

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.