

# Fast Forward Charter High School

## LUNCH

March 2026

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Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 2 CHICKEN STRIPS WAFFLE PUDDING PEACHES JUICE CHOICE ORANGE MEDLEY JUICE CARROT & TOMATO V CUP PANCAKE SYRUP RANCH DRESSING MILK CHOICES	Mar - 3 CHICKEN EMPANADA BLACK BEANS FROZEN STRAWBERRY APPLESAUCE CUP RICE KRISPY TREAT BROCCOLI STICKS RANCH DRESSING MILK CHOICES	Mar - 4 CHEESEBURGER ON BUN FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS MILK CHOICES	Mar - 5 CHICKEN POT STICKERS CHICKEN EGG ROLL RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBERS RANCH DRESSING CINNAMON PUFF MILK CHOICES	Mar - 6 TURKEY AND CHEESE SANDWICH VEGETABLES FRUIT CHIPS MILK
Mar - 9 ROTINI SPAGHETTI MEAT SAUCE SHREDDED CHEESE CINNAMON PUFF PEACHES JUICE CHOICE CARROT & RED PEPPERS VEGGIE CUP GREEN BEANS RANCH DRESSING MILK CHOICES	Mar - 10 CHICKEN AND CHEESE QUESADILIA FROZEN WATERMELON FRESH STRAWBERRIES APPLESAUCE CUP BLACK BEANS CORN SALSA GOLD FISH CRACKER MILK CHOICES	Mar - 11 FRENCH TOAST STICK SAUSAGE PATTY FRESH APPLE FROZEN BLACK CHERRY HASH BROWN POTATOES CARROT STICKS PANCAKE SYRUP RANCH DRESSING MILK CHOICES	Mar - 12 MESQUITE CHICKEN DRUMSTICK CHOCOLATE CHIP COOKIE DINNER ROLL JUICE CHOICE PEACHES BROCCOLI MASHED POTATOES GRAPE TOMATOES COUNTRY STYLE GRAVY RANCH DRESSING MILK CHOICES	Mar - 13 PEANUT BUTTER JELLY SANDWICH VEGETABLES FRUIT RICE KRISPY TREAT MILK
Mar - 16 CHICKEN SANDWICH JUICE CHOICE MANDARIN ORANGES CARROT & RED PEPPER VEGGIE CUP BAKED BEANS EMOJI FRIES RANCH DRESSING MILK CHOICES	Mar - 17 TURKEY IN GRAVY MASHED POTATOES DINNER ROLL FROSTED PINK COOKIE PEACH CUPS APPLESAUCE CUP BROCCOLI STICKS COOKED CARROTS RANCH DRESSING MILK CHOICES	Mar - 18 *CHICKEN NUGGETS CINNAMON PUFF FRESH APPLE PEARS *CHEESY POTATOES MIXED VEGETABLES ORANGE MEDLEY JUICE MILK CHOICES	Mar - 19 MINI CALZONES MARINARA SAUCE CUP DINNER ROLL JUICE CHOICE MANDARIN ORANGES GREEN SALAD CORN RANCH DRESSING MILK CHOICES	Mar - 20 HAM AND CHEESE SANDWICH VEGETABLES FRUIT COOKIE MILK
Mar - 23 TORTILLA CHIPS NACHO CHEESE SAUCE TACO MEAT BLACK BEANS PUDDING JUICE CHOICE PEACHES RED PEPPERS RANCH DRESSING CINNAMON GRAHAMS MILK CHOICES	Mar - 24 BBQ RIB-B-QUE SANDWICH FROZEN BLACK CHERRY FRESH STRAWBERRIES APPLESAUCE CUP POTATO WEDGES BROCCOLI STICKS RANCH DRESSING MILK CHOICES	Mar - 25 GRILLED CHICKEN SALAD SHREDDED CHEESE FRESH APPLE PEARS CILANTRO RICE SHADES OF GREEN S BLACK BEANS ORANGE MEDLEY JUICE SALSA RANCH DRESSING MILK CHOICES	Mar - 26 SPICY CHICKEN WING GOLD FISH CRACKER MASHED POTATOES CHICKEN GRAVY CORN CINNAMON PUFF JUICE CHOICE PEACHES CARROT STICKS RANCH DRESSING MILK CHOICES	Mar - 27 TURKEY AND CHEESE SANDWICH VEGETABLES FRUIT PUDDING MILK
Mar - 30	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.