

Fast Forward Charter High School

LUNCH

April 2026

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| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Apr - 6 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGES JUICE CHOICE ORANGE MEDLEY JUICE CARROT & TOMATO CUP PANCAKE SYRUP RANCH DRESSING MILK CHOICES | Apr - 7 CHICKEN EMPANADA BLACK BEANS FRESH STRAWBERRIES APPLESAUCE CUP RICE KRISPY TREAT BROCCOLI STICKS RANCH DRESSING MILK CHOICES | Apr - 8 CHEESEBURGER ON BUN FRESH APPLES PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS ORANGE MEDLEY JUICE MILK CHOICES | Apr - 9 CHICKEN POT STICKERS CHICKEN EGG ROLL RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBERS RANCH DRESSING CINNAMON PUFF MILK CHOICES Apr - 16 BREADED DRUMSTICK CHOCOLATE CHIP COOKIE DINNER ROLL JUICE CHOICE PEACHES BROCCOLI MASHED POTATOES GRAPE TOMATOES COUNTRY STYLE GRAVY RANCH DRESSING MILK CHOICES | Apr - 3 Apr - 10 PEANUT BUTTER JELLY SANDWICH VEGETABLES FRUIT CHIPS MILK Apr - 17 HAM AND CHEESE SANDWICH VEGETABLES FRUIT RICE KRISPY TREAT MILK |
| Apr - 13 ROTINI SPAGHETTI MEAT SAUCE SHREDDED CHEESE CINNAMON PUFF MANDARIN ORANGES JUICE CHOICE CARROT & RED PEPPERS GREEN BEANS RANCH DRESSING MILK CHOICES | Apr - 14 CHICKEN AND CHEESE QUESADILA FROZEN WATERMELON FRESH STRAWBERRIES APPLESAUCE CUP BLACK BEANS CORN SALSA GOLD FISH CRACKER MILK CHOICES | Apr - 15 FRENCH TOAST STICK SAUSAGE PATTY FRESH APPLE FROZEN BLACK CHERRY HASH BROWNS CARROT STICKS PANCAKE SYRUP RANCH DRESSING MILK CHOICES | Apr - 23 MINI CALZONES MARINARA SAUCE CUP DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN RANCH DRESSING MILK CHOICES | Apr - 24 CHICKEN AND CHEESE SANDWICH VEGETABLES FRUIT COOKIE MILK |
| Apr - 20 CHICKEN SANDWICH JUICE CHOICE MANDARIN ORANGES CARROT & RED PEPPERS BAKED BEANS EMOJI FRIES RANCH DRESSING MILK CHOICES | Apr - 21 TURKEY IN GRAVY MASHED POTATOES DINNER ROLL FROSTED PINK COOK IE FRESH STRAWBERRIES APPLESAUCE CUP BROCCOLI STICKS COOKED CARROTS RANCH DRESSING MILK CHOICES | Apr - 22 *CHICKEN NUGGETS CINNAMON PUFF FRESH APPLE PEARS *CHEESY POTATOES MIXED VEGETABLES ORANGE MEDLEY JUICE MILK CHOICES | Apr - 29 BEAN & CHEESE PUPUSA SHREDDED CHEESE CILANTRO RICE FRESH APPLE PEARS CURTIDO BLACK BEANS ORANGE MEDLEY JUICE MILK CHOICES | Apr - 30 PTC ONLINE DAY |
| Apr - 27 TORTILLA CHIPS NACHO CHEESE SAUCE TACO MEAT BLACK BEANS PUDDING JUICE CHOICE MANDARIN ORANGES RED PEPPERS RANCH DRESSING CINNAMON GRAHAMS MILK CHOICES | Apr - 28 BBQ RIB-B-QUE SANDWICH FROZEN BLACK CHERRY FRESH STRAWBERRIES APPLESAUCE CUP POTATO WEDGES BROCCOLI STICKS RANCH DRESSING MILK CHOICES | Apr - 29 BEAN & CHEESE PUPUSA SHREDDED CHEESE CILANTRO RICE FRESH APPLE PEARS CURTIDO BLACK BEANS ORANGE MEDLEY JUICE MILK CHOICES | Apr - 30 PTC ONLINE DAY | May PEANUT BUTTER JELLY SANDWICH VEGETABLES FRUIT PUDDING MILK |

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.