Menu Calendar

Fast Forward Charter School - 26-27 Fast Forward Lunch *
Lunch

BREAKFAST NOV.2026

Mon	Tue	Wed	Thu	Fri
11/2/2026	11/3/2026	11/4/2026	11/5/2026	11/6/2026
Main Entree CEREAL	**Main Entree** DENVER OMELETTE	**Main Entree** PARFAIT WITH FRUIT POPTART	**Main Entree** SAUSAGE AND CHEESE MCMUFFIN	YOGURT GRANOLA BAR FRUIT MILK
Side CHEESE STICK	**Grain/Sides**	**Vegetable**	**Grain/Sides**	
Vegetable	**Fruit Juice**	**Condiment**	**Side**	
Dessert	**Vegetable**	**Fruit** JUICE	**Vegetable**	
Fruit PEACHES	**Condiment**	**Milk** CHOCOLATE MILK WHOLE MILK	**Dessert**	
Fruit Juice APPLE JUICE OR FRUIT PUNCH	**Fruit** MANADRIN ORANGES		**Fruit** PEACHES	
Milk CHOCOLATE MILK WHOLE MILK	**Milk** CHOCOLATE MILK WHOLE MILK		**Fruit Juice** APPLE JUICE OR FRUIT PUNCH	
			Milk CHOCOLATE MILK WHOLE MILK	

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LINQ SCHOOL NUTRITION

Mon	Tue	Wed	Thu	Fri
11/9/2026 **~~Main Entree~~** CEREAL **Vegetable** **Dessert** **Fruit** PEACHES **Fruit Juice** APPLE JUICE OR FRUIT PUNCH **Milk** CHOCOLATE MILK WHOLE MILK	11/10/2026 **Main Entree** TURKEY AND CHEESE BAGEL **Grain/Sides** **Fruit Juice** **Side** **Vegetable** **Fruit** MANDRAIN ORANGES **Milk** CHOCOLATE MILK WHOLE MILK	11/11/2026 **Veterans Day** **Main Entree BREAKFAST BURITTO** **Vegetable** **Dessert** **Fruit** STRAWBERRIES **Milk** CHOCOLATE MILK WHOLE MILK	11/12/2026 **Main Entree** WAFFLES AND GOGURT **Grain/Sides** **Vegetable** **Fruit** PEARS **Fruit Juice** APPLE JUICE OR FRUIT PUNCH **Milk** CHOCOLATE MILK WHOLE MILK	11/13/2026 YOGURT POPTART FRUIT MILK
11/16/2026 **Main Entree** BAGEL AND CREAM CHEESE **Grain/Sides** **Vegetable** **Dessert** **Fruit** MANDARIN ORANGES **Fruit Juice** APPLE JUICE OR FRUIT PUNCH **Milk** CHOCOLATE MILK WHOLE MILK	11/17/2026 **Main Entree** HAM AND CHEESE WRAP **Grain/Sides** **Fruit** **MANDARIN ORANGES** **Vegetable** **Dessert** **Milk** CHOCOLATE MILK WHOLE MILK	11/18/2026 **Main Entree** PANCAKES **Grain/Sides** GOGURT **Vegetable** **Condiment** **Fruit** APPLE SAUCE **Milk** CHOCOLATE MILK WHOLE MILK	11/19/2026 **Main Entree** SAUSAGE AND CHEESE MCMUFFIN **Vegetable** **Dessert** **Fruit** PEARS **Fruit Juice** APPLE JUICE OR FRUIT PUNCH **Milk** CHOCOLATE MILK WHOLE MILK	11/20/2026 YOGURT GRANOLA BAR FRUIT JUICE MILK

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LINQ SCHOOL NUTRITION

Mon	Tue	Wed	Thu	Fri
11/23/2026	11/24/2026	11/25/2026	11/26/2026	11/27/2026
Main Entree CEREAL **Grain/Sides** CHEESE STICK **Dessert** **Fruit** **PEACHES** **Fruit Juice** APPLE JUICE OR FRUIT PUNCH **Milk** CHOCOLATE MILK WHOLE MILK	**Main Entree** YOGURT **Vegetable** GRANOLA BAR **Dessert** **Condiment** **Fruit** MANDARIN ORANGES **Milk** CHOCOLATE MILK WHOLE MILK	THANKSGIVING BREAK	HAPPY THANKSGIVING	THANKSGIVING BREAK

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LINQ SCHOOL NUTRITION

11/30/2026	12/1/2026	12/2/2026	12/3/2026	12/4/2026
Main Entree CEREAL	YOGURT POPTART	CEREAL	BAGEL AND CREAM CHEESE	HAM AND CHEESE WRAP
Grain/Sides CHEESE STICK	FRUIT	CHEESE STICK	FRUIT	FRUIT
Side	JUICE	FRUIT	MILK	JUICE
Vegetable	MILK	MILK		MILK
Dessert				
Fruit APPLE SAUCE				
Fruit Juice APPLE JUICE OR FRUIT PUNCH				
Milk CHOCOLATE MILK WHOLE MILK				

FILTERS	
Name(s)	**Value(s)**
Analysis	Planned
Buildings	(Fast Forward Charter School)
Date Range	(Start = 11/1/2026, End = 12/5/2026)
Serving Session	(Lunch)

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