Menu Calendar

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

Fast Forward High Schoolt

Mon	Tue	Wed	Thu	Fri
11/2/2026	11/3/2026	11/4/2026	11/5/2026	11/6/2026
Main Entree CHEESE TORTELLINI WITH SAUCE **Side** SHREDDED CHEESE **Vegetable** CARROT & RED PEPPER VEGGIE CUP COOKED GREEN BEANS **Dessert** CINNAMON PUFF **Fruit** MANDARIN ORANGES **Fruit Juice** APPLE JUICE OR FRUIT PUNCH **Milk** CHOCOLATE MILK WHOLE MILK	**Main Entree** CHICKEN AND CHEESE QUESADILLA **Grain/Sides** GOLD FISH CRACKERS **Fruit Juice** FROZEN WATERMELON CUP **Vegetable** BLACK BEANS CORN SALSA **Condiment** SOUR CREAM **Fruit** STRAWBERRIES APPLESAUCE CUP **Milk** CHOCOLATE MILK WHOLE MILK	**Main Entree** TURKEY SAUSAGE FRENCH TOAST STICKS **Vegetable** HASH BROWNS CUCUMBERS **Condiment** MAPLE SYRUP CUP **Fruit** FRESH APPLE FROZEN PEACH CUP **Milk** CHOCOLATE MILK WHOLE MILK	**Main Entree** CHICKEN DRUMSTICK **Grain/Sides** WHOLE WHEAT ROLL **Side** COUNTRY GRAVY **Vegetable** COOKED BROCCOLI MASHED POTATOES GRAPE TOMATOES **Dessert** CHOCOLATE CHIP COOKIE **Fruit** PEACHES **Fruit Juice** APPLE JUICE OR FRUIT PUNCH **Milk** CHOCOLATE MILK WHOLE MILK	TURKEY AND CHEESE SANDWICH VEGETABLES FRUIT CHIPS MILK

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LINQ SCHOOL NUTRITION

Mon	Tue	Wed	Thu	Fri
11/9/2026 **Main Entree** CHICKEN SANDWICH **Vegetable** BAKED BEANS EMOJI FRIES CARROT & RED PEPPER VEGGIE CUP **Dessert** PUDDING **Fruit** MANDARIN ORANGES **Fruit Juice** APPLE JUICE OR FRUIT PUNCH **Milk** CHOCOLATE MILK WHOLE MILK	11/10/2026 **Main Entree** BREADED BEEF PATTY **Grain/Sides** WHOLE WHEAT ROLL **Fruit Juice** FROZEN BLACK CHERRY CUP **Side** COUNTRY GRAVY **Vegetable** MASHED POTATOES FRESH BROCCOLI FRESH BROCCOLI **Fruit** STRAWBERRIES APPLESAUCE CUP **Milk** CHOCOLATE MILK WHOLE MILK	11/11/2026 **Veterans Day** **Main Entree** CHICKEN NUGGETS **Vegetable** PARTY POTATOES MIXED VEGETABLES PARADISE PUNCH **Dessert** CINNAMON PUFF **Fruit** FRESH APPLE PEARS **Milk** CHOCOLATE MILK WHOLE MILK	11/12/2026 **Main Entree** MINI CALZONES **Grain/Sides** WHOLE WHEAT ROLL **Vegetable** MARINARA SAUCE GREEN SALAD CORN CUCUMBERS **Fruit** MANDARIN ORANGES **Fruit Juice** APPLE JUICE OR FRUIT PUNCH **Milk** CHOCOLATE MILK WHOLE MILK	11/13/2026 HAM AND CHEESE SANDWICH VEGETABLES FRUIT RICE KRISPY TRAT MILK
11/16/2026 **Main Entree** TACO BEEF NACHO CHEESE SAUCE **Grain/Sides** TORTILLA CHIPS **Vegetable** BLACK BEANS FRESH RED PEPPERS **Dessert** SCOOBY DOO GRAHAMS **Fruit** MANDARIN ORANGES **Fruit Juice** APPLE JUICE OR FRUIT PUNCH **Milk** CHOCOLATE MILK WHOLE MILK	11/17/2026 **Main Entree** TURKEY GRAVY **Grain/Sides** WHOLE WHEAT ROLL **Fruit** CRANBERRY SAUCE STRAWBERRIES APPLESAUCE CUP **Vegetable** MASHED POTATOES FRESH BROCCOLI PEAS & CARROTS **Dessert** PUMPKIN CAKE **Milk** CHOCOLATE MILK WHOLE MILK	11/18/2026 **Main Entree** STEAK AND PEPPER BOWL **Grain/Sides** RICE SHREDDED CHEESE **Vegetable** BLACK BEANS PARADISE PUNCH PICO DE GALLO **Condiment** DRESSING, FIRE RANCH **Fruit** FRESH APPLE PEARS **Milk** CHOCOLATE MILK WHOLE MILK	11/19/2026 **Main Entree** CHICKEN POT STICKERS **Grain/Sides** RICE CHICKEN EGG ROLL **Vegetable** COOKED CARROTS CUCUMBERS **Dessert** CINNAMON PUFF **Fruit** PEACHES **Fruit Juice** APPLE JUICE OR FRUIT PUNCH **Milk** CHOCOLATE MILK WHOLE MILK	11/20/2026 PEANUT BUTTER JELLY SANDWICH VEGETABLES FRUIT COOKIE 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 SANDWICH, CHICKEN SWEET HEAT **Grain/Sides** SUN CHIPS **Vegetable** PARADISE PUNCH CARROT & TOMATO VEGGIE CUP **Dessert** PUDDING **Fruit** MANDARIN ORANGES **Fruit Juice** APPLE JUICE OR FRUIT PUNCH **Milk** CHOCOLATE MILK WHOLE MILK	**Main Entree** BEEF EMPANDA **Vegetable** BLACK BEANS FRESH BROCCOLI **Dessert** MINI RICE KRISPIE SQUARE **Condiment** SOUR CREAM **Fruit** STRAWBERRIES APPLESAUCE CUP **Milk** CHOCOLATE MILK WHOLE MILK	THANKS GIVING BREAK	HAPPY THANKSGIVING	THANKSGIVING BREAK

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LINQ SCHOOL NUTRITION

Mon	Tue	Wed	Thu	Fri
11/30/2026	12/1/2026	12/2/2026	12/3/2026	12/4/2026
Main Entree SPAGHETTI SAUCE **Grain/Sides** ROTINI **Side** SHREDDED CHEESE **Vegetable** CARROT & RED PEPPER VEGGIE CUP COOKED GREEN BEANS **Dessert** CINNAMON PUFF **Fruit** MANDARIN ORANGES **Fruit Juice** APPLE JUICE OR FRUIT PUNCH **Milk** CHOCOLATE MILK WHOLE MILK				ham and cheese sandwich vegetables fruit chips 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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