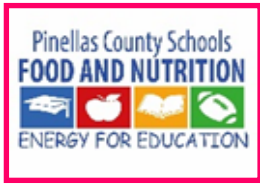


September 2024 HS to HS Satellite Lunch Menu



Fun Fact!

Snap Beans

- Snap beans can be green, yellow, purple, speckled, and more
- Green beans have a high level of vitamin K.
- After tomatoes and peppers, green beans are the third most common home-garden vegetable

Lunches Include

A Variety of Seasonal Fruits

Fresh, Cupped, Dried & 100% Juices

And Milk Choice

Low Fat 1% White, Fat Free Chocolate, Fat Free Strawberry

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Happy LABOR DAY</p>	<p>3</p> <p>Beef or Pork Soft Shell Tacos Refried Fiesta Beans Salsa Cup Sliced Cucumbers & Dip Orchard Cupped Fruit 100% Fruit Juice Milk Choice</p>	<p>4</p> <p>Tangerine Chicken w/ Rice & Fortune Cookie Seasoned Broccoli Florets House Mixed Side Salad Seasonal Fresh Fruit 100% Fruit Juice Milk Choice</p>	<p>5</p> <p>Crispy or Spicy Chicken Sandwich Deli Roasted Potato Romaine Side Salad Sun Sweet Dried Fruit 100% Fruit Juice Milk Choice</p>	<p>6</p> <p>Brunch for Lunch Biscuit Eggsravanza Crispy Tater Tots Baby Carrots & Dip Seasonal Fresh Fruit 100% Fruit Juice Milk Choice</p>
<p>9</p> <p>Cherry Blossom Chicken, Lo Mein & Fortune Cookie Spiced Carrot Coins Farmstand Veggie Cup Seasonal Fresh Fruit 100% Fruit Juice Milk Choice</p>	<p>10</p> <p>Meat Lovers Stromboli Zesty Green Beans Marinara Sauce Cup Sliced Cucumbers & Dip Orchard Cupped Fruit 100% Fruit Juice Milk Choice</p>	<p>11</p> <p>Popcorn Chicken Bowl w/ Biscuit Sweet Corn Niblets House Mixed Side Salad Seasonal Fresh Fruit 100% Fruit Juice Milk Choice</p>	<p>12</p> <p>Big Daddy Cheese or Pepperoni Pizza Seasoned Broccoli Romaine Side Salad Sun Sweet Dried Fruit 100% Fruit Juice Milk Choice</p>	<p>13</p> <p>Hamburger on a Bun Cheeseburger on a Bun Country Baked Beans Baby Carrots & Dip Seasonal Fresh Fruit 100% Fruit Juice Milk Choice</p>
<p>16</p> <p>Breaded Chicken Tenders & Mini Waffles Sweet Corn Niblets Farmstand Veggie Cup Seasonal Fresh Fruit 100% Fruit Juice Milk Choice</p>	<p>17</p> <p>Mozzarella Cheese Filled Max Sticks Santa Fe Black Beans Marinara Sauce Cup Sliced Cucumbers & Dip Orchard Cupped Fruit Milk Choice</p>	<p>18</p> <p>Teriyaki Beef Dippers Rice & Fortune Cookie Peas & Carrot Blend House Mixed Side Salad Seasonal Fresh Fruit 100% Fruit Juice Milk Choice</p>	<p>19</p> <p>Big Daddy Cheese or Pepperoni Pizza Zesty Green Beans Romaine Side Salad Sun Sweet Dried Fruit 100% Fruit Juice Milk Choice</p>	<p>20</p> <p>Chicken Penne Alfredo w/ Garlic Bread Seasoned Broccoli Florets Baby Carrots & Dip Seasonal Fresh Fruit 100% Fruit Juice Milk Choice</p>
<p>23</p> <p>No School Teacher Work Day</p>	<p>24</p> <p>Beef or Pork Soft Shell Tacos Refried Fiesta Beans Salsa Cup Sliced Cucumbers & Dip Orchard Cupped Fruit 100% Fruit Juice Milk Choice</p>	<p>25</p> <p>Tangerine Chicken w/ Rice & Fortune Cookie Seasoned Broccoli Florets House Mixed Side Salad Seasonal Fresh Fruit 100% Fruit Juice Milk Choice</p>	<p>26</p> <p>Crispy or Spicy Chicken Sandwich Deli Roasted Potato Romaine Side Salad Sun Sweet Dried Fruit 100% Fruit Juice Milk Choice</p>	<p>27</p> <p>Brunch for Lunch Biscuit Eggsravanza Crispy Tater Tots Baby Carrots & Dip Seasonal Fresh Fruit 100% Fruit Juice Milk Choice</p>
<p>30</p> <p>Cherry Blossom Chicken, Lo Mein & Fortune Cookie Spiced Carrot Coins Farmstand Veggie Cup Seasonal Fresh Fruit 100% Fruit Juice Milk Choice</p>	<p>Free & Reduced Meal Benefits Convenient, Secure, & Confidential</p>	<p>Florida Kids HARVEST MONTH</p>	<p>PAY FOR SCHOOL MEALS ONLINE</p>	<p>Menus are subject to change!</p> <p>We do our best to provide our customers with all of our planned options, however occasionally weather, crops, and supplies have other ideas!</p>

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