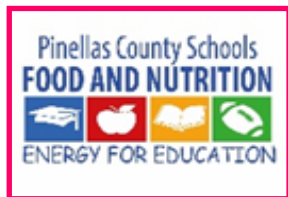


# September 2024 Breakfast Grab & Go Menu



## 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

### Grab & Go Breakfast Meals

#### Will Include:

Fresh, Dried or Cupped Fruit and 100% Juice

#### And Milk Choice

Low Fat White, Fat Free Chocolate, Fat Free Strawberry or Fat Free Skim

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Happy LABOR DAY</b></p>	<p>3</p> <p><b>Cold Cereal Variety &amp; Keebler Animal Crackers</b></p> <p>100% Fruit Juice Sun Sweet Dried Fruit Milk Choice</p>	<p>4</p> <p><b>Strawberry Nutrigrain Bar &amp; String Cheese Stick</b></p> <p>100% Fruit Juice Seasonal Fresh Fruit Milk Choice</p>	<p>5</p> <p><b>Cold Cereal Variety &amp; Dick &amp; Jane Farmers Market Crackers</b></p> <p>100% Fruit Juice Orchard Cupped Fruit Milk Choice</p>	<p>6</p> <p><b>Chocolate Muffin Flat &amp; Danimals Strawberry Yogurt Cup</b></p> <p>100% Fruit Juice Seasonal Fresh Fruit Milk Choice</p>
<p>9</p> <p><b>Banana Bread Slice</b></p> <p>100% Fruit Juice Seasonal Fresh Fruit Milk Choice</p>	<p>10</p> <p><b>Cold Cereal Variety &amp; Keebler Animal Crackers</b></p> <p>100% Fruit Juice Sun Sweet Dried Fruit Milk Choice</p>	<p>11</p> <p><b>Frosted Cinnamon Pop-Tart &amp; Trix Raspberry Yogurt Cup</b></p> <p>100% Fruit Juice Seasonal Fresh Fruit Milk Choice</p>	<p>12</p> <p><b>Cold Cereal Variety &amp; Farmers Market Crackers</b></p> <p>100% Fruit Juice Orchard Cupped Fruit Milk Choice</p>	<p>13</p> <p><b>Trix Cereal Bar &amp; String Cheese Stick</b></p> <p>100% Fruit Juice Seasonal Fresh Fruit Milk Choice</p>
<p>16</p> <p><b>Glazed Pull-A-Parts</b></p> <p>100% Fruit Juice Seasonal Fresh Fruit Milk Choice</p>	<p>17</p> <p><b>Cold Cereal Variety &amp; Keebler Animal Crackers</b></p> <p>100% Fruit Juice Sun Sweet Dried Fruit Milk Choice</p>	<p>18</p> <p><b>Blueberry Muffin Flat &amp; String Cheese Stick</b></p> <p>100% Fruit Juice Seasonal Fresh Fruit Milk Choice</p>	<p>19</p> <p><b>Cold Cereal Variety &amp; Dick &amp; Jane Farmers Market Crackers</b></p> <p>100% Fruit Juice Orchard Cupped Fruit Milk Choice</p>	<p>20</p> <p><b>Frosted Strawberry Pop-Tart &amp; Trix Raspberry Yogurt Cup</b></p> <p>100% Fruit Juice Seasonal Fresh Fruit Milk Choice</p>
<p>23</p> <p><b>No School Teacher Work Day</b></p>	<p>24</p> <p><b>Cold Cereal Variety &amp; Keebler Animal Crackers</b></p> <p>100% Fruit Juice Sun Sweet Dried Fruit Milk Choice</p>	<p>25</p> <p><b>Strawberry Nutrigrain Bar &amp; String Cheese Stick</b></p> <p>100% Fruit Juice Seasonal Fresh Fruit Milk Choice</p>	<p>26</p> <p><b>Cold Cereal Variety &amp; Dick &amp; Jane Farmers Market Crackers</b></p> <p>100% Fruit Juice Orchard Cupped Fruit</p>	<p>27</p> <p><b>Chocolate Muffin Flat &amp; Danimals Strawberry Yogurt Cup</b></p> <p>100% Fruit Juice Seasonal Fresh Fruit Milk Choice</p>
<p>30</p> <p><b>Banana Bread Slice</b></p> <p>100% Fruit Juice Seasonal Fresh Fruit Milk Choice</p>	<p>Free &amp; Reduced Meal Benefits Convenient, Secure, &amp; Confidential</p>	<p><b>HARVEST MONTH</b> of the Florida Kid</p>	<p><b>PAY FOR SCHOOL MEALS ONLINE</b></p>	<p><b>Menus are subject to change!</b></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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