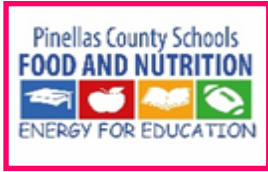


# September 2024 K-12 to HS Satellite Lunch Menu



**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><b>2</b></p>  <p><b>Happy LABOR DAY</b></p>  | <p><b>3</b></p> <p><b>Chicken Caesar Salad</b></p> <p>Grape Tomatoes &amp; Dip<br/>Sliced Cucumbers &amp; Dip<br/>100% Fruit Juice<br/>Orchard Cupped Fruit</p>   | <p><b>4</b></p> <p><b>PBJ Triple Decker</b></p> <p>Doritos Nacho Chips<br/>Mixed House Side Salad<br/>Greek Potato Salad<br/>100% Fruit Juice<br/>Seasonal Fresh Fruit</p>          | <p><b>5</b></p> <p><b>Ham &amp; Cheese Hoagie</b></p> <p>Romaine Side Salad<br/>BBQ Baked Beans<br/>100% Fruit Juice<br/>Sun Sweet Dried Fruit</p>                             | <p><b>6</b></p> <p><b>Crispy Breaded Chicken Wrap</b></p> <p>Cheez-It's Crackers<br/>Baby Carrots &amp; Dip<br/>Celery Sticks &amp; Dip<br/>100% Fruit Juice<br/>Seasonal Fresh Fruit</p>             |
| <p><b>9</b></p> <p><b>Ham, Turkey &amp; Cheese Combo Wrap</b></p> <p>Mixed House Side Salad<br/>Celery Sticks &amp; Dip<br/>100% Fruit Juice<br/>Seasonal Fresh Fruit</p>  | <p><b>10</b></p> <p><b>Chicken Caesar Salad</b></p> <p>Grape Tomatoes &amp; Dip<br/>Sliced Cucumbers &amp; Dip<br/>100% Fruit Juice<br/>Orchard Cupped Fruit</p>  | <p><b>11</b></p> <p><b>PBJ Triple Decker</b></p> <p>Doritos Nacho Cheese<br/>Farmstand Veggie Cup<br/>Greek Potato Salad<br/>100% Fruit Juice<br/>Seasonal Fresh Fruit</p>          | <p><b>12</b></p> <p><b>AnyTimers Cheese Pizza Lunch Kit</b></p> <p>Baked Cheetos<br/>Romaine Side Salad<br/>BBQ Baked Beans<br/>100% Fruit Juice<br/>Sun Sweet Dried Fruit</p> | <p><b>13</b></p> <p><b>Crispy or Spicy Breaded Chicken Wrap</b></p> <p>Education Crackers<br/>Baby Carrots &amp; Dip<br/>Broccoli Florets &amp; Dip<br/>100% Fruit Juice<br/>Seasonal Fresh Fruit</p> |
| <p><b>16</b></p> <p><b>Ham &amp; Cheese Hoagie</b></p> <p>Farmstand Veggie Cup<br/>100% Fruit Juice<br/>Seasonal Fresh Fruit</p>   | <p><b>17</b></p> <p><b>Popcorn Chicken Salad</b></p> <p>Grape Tomatoes &amp; Dip<br/>Greek Potato Salad<br/>100% Fruit Juice<br/>Orchard Cupped Fruit</p>   | <p><b>18</b></p> <p><b>PBJ Triple Decker</b></p> <p>Doritos Nacho Chips<br/>Mixed House Side Salad<br/>Sliced Cucumbers &amp; Dip<br/>100% Fruit Juice<br/>Seasonal Fresh Fruit</p> | <p><b>19</b></p> <p><b>Chicken Caesar Wrap</b></p> <p>Romaine Side Salad<br/>BBQ Baked Beans<br/>100% Fruit Juice<br/>Sun Sweet Dried Fruit</p>                                | <p><b>20</b></p> <p><b>AnyTimers Turkey &amp; Cheese Lunch Kit</b></p> <p>Baked Cheetos<br/>Baby Carrots &amp; Dip<br/>Celery Sticks &amp; Dip<br/>100% Fruit Juice<br/>Seasonal Fresh Fruit</p>      |
| <p><b>23</b></p>  <p><b>No School Teacher Work Day</b></p>                               | <p><b>24</b></p> <p><b>Chicken Caesar Salad</b></p> <p>Grape Tomatoes &amp; Dip<br/>Sliced Cucumbers &amp; Dip<br/>100% Fruit Juice<br/>Orchard Cupped Fruit</p>  | <p><b>25</b></p> <p><b>PBJ Triple Decker</b></p> <p>Doritos Nacho Chips<br/>Mixed House Side Salad<br/>Greek Potato Salad<br/>100% Fruit Juice<br/>Seasonal Fresh Fruit</p>         | <p><b>26</b></p> <p><b>Ham &amp; Cheese Hoagie</b></p> <p>Romaine Side Salad<br/>BBQ Baked Beans<br/>100% Fruit Juice<br/>Sun Sweet Dried Fruit</p>                            | <p><b>27</b></p> <p><b>Crispy Breaded Chicken Wrap</b></p> <p>Cheez-It's Crackers<br/>Baby Carrots &amp; Dip<br/>Celery Sticks &amp; Dip<br/>100% Fruit Juice</p>                                     |
| <p><b>30</b></p> <p><b>Ham, Turkey &amp; Cheese Combo Wrap</b></p> <p>Mixed House Side Salad<br/>Celery Sticks &amp; Dip<br/>100% Fruit Juice<br/>Seasonal Fresh Fruit</p> |  <p>Online Meal Applications<br/>Free &amp; Reduced Meal Benefits<br/>Convenient, Secure, &amp; Confidential<br/><b>MY SCHOOL Apps</b></p> |  <p>Fresh Florida Kids<br/><b>HARVEST of the MONTH</b></p>                                     |  <p><b>PAY FOR SCHOOL MEALS ONLINE</b><br/><b>MY SCHOOL BUCKS</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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