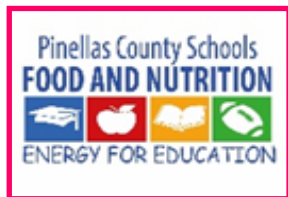


# September 2024 Satellite Breakfast Menu



## 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; Animals 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; Dick &amp; Jane 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 Milk Choice</p>	<p>27</p> <p><b>Chocolate Muffin Flat &amp; Animals 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>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>

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.