

September

HS—K-12 Satellite Hot Lunch Menu

Fun Fact!





Francis Scott Key wrote "The Star Spangled Banner" on September 14, 1814



Lunch Meals include canned or fresh fruit, or 100% fruit juice; & your choice of milk: skim, low fat, or fat free chocolate.



All menus are subject to change! We do our best to provide our customers with all of our planned options; however, sometimes crops, weather & availability have other ideas!

Mon	Tue	Wed	Thu	Fri
	 Florida Avocado			1 Chicken-Broccoli Alfredo Broccoli Carrots w/ Dip Fresh Fruit
4 Chicken Sandwich Green Beans Fresh Veggie Dippers Canned Fruit	5 Chicken Drumstick & Hush Puppies Baked Beans Romaine Salad Fresh Fruit	6 Chicken Nuggets Sweet Potato Waffle Fries <i>OR</i> Glazed Sweet Potatoes Sliced Cucumbers w/ Dip 100% Fruit Juice	7 Chicken & Waffle Corn Leafy Green Salad Canned Fruit	8 Teriyaki Beef Dippers w/ Rice & Roll Broccoli Carrots w/ Dip Fresh Fruit
11 Hamburger or Cheeseburger Tater Tots Fresh Veggie Dippers Canned Fruit	12 Pepperoni Stromboli Marinara Cup Mixed Vegetable Blend Romaine Salad Fresh Fruit	13 Chicken Nuggets Carrots Sliced Cucumbers w/ Dip 100% Fruit Juice	14 Beef <i>or</i> Pork Tacos Refried Fiesta Beans Leafy Green Salad Canned Fruit	15 Max Sticks Marinara Cup ~ Spinach <i>Or</i> Col-lard Greens Coleslaw Fresh Fruit
18 Rib-B-Q Sandwich Deli Roasted Potatoes Fresh Veggie Dippers Canned Fruit	19 Corn Dog Baked Beans Romaine Salad Fresh Fruit	20 Roasted Chicken & Roll Mashed Potatoes & Gravy Sliced Cucumbers w/ Dip 100% Fruit Juice	21 Pizza Crunchers Carrots Leafy Green Salad Canned Fruit	22 Chicken-Broccoli Alfredo Broccoli Carrots w/ Dip Fresh Fruit
25 Chicken Sandwich Green Beans Fresh Veggie Dippers Canned Fruit	26 Chicken Drumstick & Hush Puppies Baked Beans Romaine Salad Fresh Fruit	27 Chicken Nuggets Sweet Potato Waffle Fries <i>OR</i> Glazed Sweet Potatoes Sliced Cucumbers w/ Dip 100% Fruit Juice	28 Chicken & Waffle Corn Leafy Green Salad Canned Fruit	29 Teriyaki Beef Dippers w/ Rice & Roll Broccoli Carrots w/ Dip Fresh Fruit

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