

Summit Academy North Summer Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 Independence Day!	5
WG Pizza Slice (31) Sun Splash 100% Juice (15) Applesauce Cup(14) Shelf Stable Chocolate Milk (11)	Bag Lunch Turkey Ham & Cheese Sandwich Fruit Cup Sun Splash Juice (53)1% White or 1% Chocolate Milk(24)	Bag Lunch Turkey & Cheese Sub on WG Bun Pickle Spear Caisins (56)1% White or 1% Chocolate Milk(24)	WG Pizza Slice (31) Baby Carrots w/ Ranch(5) Applesauce Cup(14) Shelf Stable Chocolate Milk (11)	
8	9 340:235:62	10 296:286:48	11	12
WG Pizza Slice (31) Sun Splash 100% Juice (15) Applesauce Cup(14) 1% White or 1% Chocolate Milk(24)	Bag Lunch Italian Combo Sandwich Craisins Carrots w/Ranch (60)1% White or 1% Chocolate Milk(24)	WG Pizza Slice (31) Baby Carrots w/ Ranch(5) Applesauce Cup(14) Shelf Stable Chocolate Milk (11)	Bag Lunch Sunbutter Sandwich String Cheese Fresh Apple 100% Vegetable Juice (78)1% White or 1% Chocolate Milk(24)	
15	16 255:310:49	17 390:385:55	18	19
WG Pizza Slice (31) Sun Splash 100% Juice (15) Applesauce Cup(14) 1% White or 1% Chocolate Milk(24)	Bag Lunch Turkey Ham and Cheese Sandwich Mixed Fruit Cup Broccoli Florets with Ranch (39)1% White or 1% Chocolate Milk(24)	WG Pizza Slice (31) Baby Carrots w/ Ranch(5) Applesauce Cup(14) Shelf Stable Chocolate Milk (11)	Bag Lunch Italian Combo Sandwich Craisins Carrots w/Ranch (60)1% White or 1% Chocolate Milk(24)	
22	23 320:230:55	24 248:260:43	25	26
WG Pizza Slice (31) Sun Splash 100% Juice (15) Applesauce Cup(14) 1% White or 1% Chocolate Milk(24)	Bag Lunch Sunbutter Sandwich String Cheese Fresh Apple 100% Vegetable Juice (78)1% White or 1% Chocolate Milk(24)	WG Pizza Slice (31) Baby Carrots w/ Ranch(5) Applesauce Cup(14) Shelf Stable Chocolate Milk (11)		
29	30 420:235:69	31	340:235:62	



Thought for Thought

Tips & Information

On July 4, 1776, the Declaration of Independence was approved by the Continental Congress, setting the 13 colonies on the road to freedom as a sovereign nation. This most American of holidays will be marked by parades, fireworks and backyard barbecues across the country. The holiday was first observed in Philadelphia on July 8, 1776, at which time the Declaration of Independence was read aloud, city bells rang, and bands played. It was not declared a legal holiday, however, until 1941. **BASTILLE DAY** July 14th. This French Holiday symbolizes the birth of the Republic. It was declared a French Holiday in 1880.

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7/3/2024 1:09:55 PM
Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:326 AvgSod(mg):272 AvgCarbs(g):55

"or:" = An alternative selection to choose. "WG"=Whole Grain
1% White & 1%Chocolate Milk available daily.



****Menu Subject to Change****