

Summit North Great Start Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
	WG Blueberry Muffin(30) 100% Apple Juice(15) 1% White Milk(11)	Dannon Nonfat Creamy Yogurt (15) Pineapple Tidbits (8) 1% White Milk(11)	Honey Cherrios Bowl (22) Diced Pears (7) 1% White Milk(11)	No Program
344:265:46	1 350:260:56	2 215:185:34	3 240:292:40	4
Rice Chex Cereal(24) Diced Pears (7) 1% White Milk(11)	WG Banana Muffin(31) 100% Orange Tangerine Juice(15) 1% White Milk(11)	Dannon Nonfat Creamy Yogurt (15) Mandarin Oranges (10) 1% White Milk(11)	Cheerios Bowl(21) Pineapple Tidbits (8) 1% White Milk(11)	No Program
7 230:372:42	8 360:235:57	9 225:195:36	10 235:260:40	11
Blueberry Chex Cereal (23) Mandarin Oranges (10) 1% White Milk(11)	WG Blueberry Muffin(30) 100% Apple Juice(15) 1% White Milk(11)	Dannon Nonfat Creamy Yogurt (12) Diced Peaches (7) 1% White Milk(11)	Cinnamon Chex Cereal(23) Mandarin Oranges (10) 1% White Milk(11)	No Program
14 265:310:44	15 350:260:56	16 200:195:30	17 265:300:44	18
Honey Cherrios Bowl (22) Tropical Fruit (7) 1% White Milk(11)	WG Banana Muffin(31) Diced Pears (7) 1% White Milk(11)	Dannon Nonfat Creamy Yogurt (12) Mandarin Oranges (10) 1% White Milk(11)	Rice Chex Cereal(24) 100% Apple Juice(15) 1% White Milk(11)	No Program
21 240:290:40	22 330:232:49	23 215:200:33	24 260:375:50	25
Cinnamon Chex Cereal(23) Tropical Fruit (7) 1% White Milk(11)	WG Blueberry Muffin(30) 100% Apple Juice(15) 1% White Milk(11)	Dannon Nonfat Creamy Yogurt (15) Pineapple Tidbits (8) 1% White Milk(11)	Honey Cherrios Bowl (22) Diced Pears (7) 1% White Milk(11)	
28 250:290:41	29 350:260:56	30 215:185:34	31 Happy Halloween! 240:292:40	344:265:46



Thought for Thought

Tips & Information

Halloween Fun Facts:

- 1) The holiday has been around for about 6000 years and it is believed to have originated around 4000 B.C. in Ireland.
- 2) Americans spend about \$6.9 billion on Halloween – most of it for candy, costumes and parties
- 3) Pumpkins are a fruit, not a vegetable
- 4) Candy corn was originally named "chicken feed"

In accordance with federal civil rights law and the USDA this institutuin is prohibited from discriminating on the basis of race, color, national origin, sex, gender identity, sexual orientation, disability, age or for prior civil rights activity

9/15/2024 7:21:19 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:278 AvgSod(mg):262 AvgCarbs(g):43

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



Menu Subject to Change

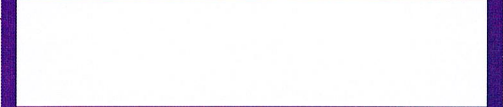
Summit North Great Start Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
	Mostaccioli with Beef and WG Noodles(22) Seasoned Green Beans (1) Fresh Orange Smiles(11) 1% White Milk(11)	Mini Cheese Calzones (26) Chopped Romaine Salad with Tomato (1) Fresh Apple slices(7) 1% White Milk(11)	Half Turkey Sandwich on Wheat Bread Diced Carrots Tropical Fruit (7) 1% White Milk(11)	No Program
344:265:46	1 344:265:46	2 392:555:46	3 185:375:18	4
Alfredo with WG Penne Pasta(30) Seasoned Green Beans (1) Diced Pears (7) 1% White Milk(11)	Diced Turkey and Gravy(3) Mashed Potatoes (15) Wheat Bread Slice(18) Diced Peaches (7) 1% White Milk(11)	WG Mini Corn Dogs(25) Baked Beans(15) Fresh Orange Smiles(11) 1% White Milk(11)	Chicken & Rice Casserole (53) Seasoned Steamed Broccoli (2) Applesauce Cup(14) 1% White Milk(11)	No Program
7 427:1262:50	8 390:984:55	9 406:730:62	10 538:423:80	11
Macaroni & Cheese with WG Noodles(21) Seasoned Steamed Broccoli (2) Diced Pears (7) 1% White Milk(11)	Chicken Tenders w/BBQ sauce(21) Vegetarian Baked Beans (12) Tropical Fruit (7) 1% White Milk(11)	Cheese Omelette w/Taco Sauce(1) Diced Potatoes(9) WG Biscuit (13) 100% Orange Tangerine Juice(15) 1% White Milk(11)	Deli Turkey and Cheese Wrap with WG Tortilla(3) Baby Carrots w/ Ranch(5) Whole Grain Tortilla(15) Fresh Apple slices(7) 1% White Milk(11)	No Program
14 333:784:41	15 474:835:52	16 424:791:49	17 394:885:41	18
Chicken Pot Pie w/ DicedChicken & Mixed Vegetable(9) WG Biscuit (13) Diced Strawberries(3) 1% White Milk(11)	WW Spaghetti with Ground Turkey(8) California Blend Vegetable (Carrots, Broccoli, Cauliflower) Pineapple Tidbits (8) 1% White Milk(11)	Turkey Burger on WG Bun(30) Vegetarian Baked Beans (12) Diced Peaches (7) 1% White Milk(11)	Ground Turkey & Cheese Nachos with WG Tortilla Seasoned Corn (8) Fresh Banana(31) 1% White Milk(11)	No Program
21 336:559:35	22 297:160:28	23 549:1340:60	24 479:329:68	25
Cheesy Taco Penne (Ground Beef, Cheese, WG Noodle)(19) Seasoned Corn (8) Mandarin Oranges (10) 1% White Milk(11)	Beef Meatballs & Gravy (5) Mixed Vegetable (Corn, Green Beans, Peas, Carrots) (6) Brown Rice (24) Fresh Apple slices(7) 1% White Milk(11)	Diced Chicken and Gravy(2) Mashed Potatoes (15) WG Dinner Roll(14) Tropical Fruit (7) 1% White Milk(11)	Mini Cheese Calzones (26) Chopped Romaine Salad with Tomato (1) Applesauce Cup(14) 1% White Milk(11)	No Program
28 367:405:48	29 431:435:53	30 396:754:50	31 442:570:53	344:265:46



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9/15/2024 7:20:56 PM
 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:389 AvgSod(mg):587 AvgCarbs(g):48

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



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