

Summit Academy North Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
	Bag Breakfast Golden Grahams Cereal Animal Grahams Craisins 100% Juice (88)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Apple Nutrigrain Bar Vanilla Goldfish Pineapple Cup 100% Juice (79)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Double ChocolateChip Muffin Vanilla Goldfish Craisins 100 % Juice (88)1% White Milk or 1% Chocolate Milk(11)	
801:1752:120	1 500:460:99	2 506:386:90	3 570:335:99	4
Bag Breakfast Blueberry Chex Cereal Animal Grahams Craisins 100% Juice (87)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Golden Grahams Bar Vanilla Goldfish 100% Juice Fruit Cup (77)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast WG Bagel with Cream Cheese Fresh Apple 100% Juice (74)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Trix Cereal Bar Animal Grahams Mandarin Orange Cup 100% Juice (79)1% White Milk or 1% Chocolate Milk(11)	
7 510:420:98	8 493:380:88	9 498:445:85	10 493:345:90	11
Bag Breakfast Cocoa Puffs Cereal Bar Animal Grahams Mixed Fruit Cup 100% Juice (78)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Cinnamon Toast Crunch Cereal Vanilla Goldfish Craisins 100 % Juice (83)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast WG Bagel with Cream Cheese Fresh Apple 100% Juice (74)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Strawberry Nutrigrain Bar Vanilla Goldfish Pineapple Cup 100% Juice (79)1% White Milk or 1% Chocolate Milk(11)	
14 488:345:89	15 510:390:94	16 498:445:85	17 506:386:90	18
Bag Breakfast Raisin Bran Cereal WG Animal Grahams Diced Peach cup 100% Juice (86)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast WG Banana Muffin Mini Vanilla Goldfish Craisins 100% Juice (92)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast WG Bagel with Cream Cheese Fresh Apple 100% Juice (74)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Frosted Flakes Vanilla Godfish Craisins 100% Juice (85)1% White Milk or 1% Chocolate Milk(11)	
21 470:360:97	22 590:340:103	23 498:445:85	24 490:420:96	25
Bag Breakfast Blueberry Nutrigrain Bar Vanilla Goldfish Diced Pear Cup 100% Juice (78)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Blueberry Chex Cereal Animal Grahams Craisins 100% Juice (87)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Cinnamon Goldfish Cracker Fresh Apple 100% Juice (63)Dannon Nonfat Creamy Yogurt (15) 1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast WG Blueberry Muffin Animal Grahams Craisins 100% Juice (94)1% White Milk or 1% Chocolate Milk(11)	
28 485:380:89	29 510:420:98	30 468:300:89	31 Happy Halloween! 580:375:105	801:1752:120



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"

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) ln ()
AvgCals:559 AvgSod(mg):625 AvgCarbs(g):97

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



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

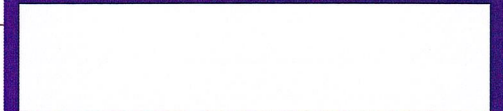
Summit Academy North Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
<p>BBQ Beef Rib Patty on WG Bun(8)</p> <p>Potato Wedges (38) WG Sub Bun (29) Diced Peach Cup (21) 1% White or 1% Chocolate Milk(24)</p> <p>801:1752:120</p>	<p>BQ Beef Rib Patty on WG Bun(8)</p> <p>Potato Wedges (38) WG Sub Bun (29) Diced Peach Cup (21) 1% White or 1% Chocolate Milk(24)</p> <p>1 801:1752:120</p>	<p>Walking Taco w/ WG Corn Chips (22)</p> <p>Texas Ranchero Pinto Beans (22) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p>2 639:1144:97</p>	<p>Packaged Pizza Square(28)</p> <p>Baby Carrots w/Ranch (8) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)</p> <p>3 671:886:91</p>	
<p>Chicken & Rice Casserole (16)</p> <p>Mashed Potato (32) Mixed Fruit Cup (11) 1% White or 1% Chocolate Milk(24)</p> <p>7 619:1017:83</p>	<p>Breaded Chicken Parm Sanwich on WG Bun (15)</p> <p>Baked Green Beans (5) Whole Wheat Hamburger Bun (24) Diced Pear Cup (14) 1% White or 1% Chocolate Milk(24)</p> <p>8 645:996:82</p>	<p>Popcorn Chicken (19)</p> <p>Baked Beans (41) IW Dinner Roll (27) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p>9 866:1413:140</p>	<p>Packaged Pizza Square(28)</p> <p>100% Mango Splash Juice Box (17) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)</p> <p>10 666:751:100</p>	
<p>Cheesy Taco Penne (22)</p> <p>Marvelous Mixed Veggies (9) Diced Pear Cup (14) 1% White or 1% Chocolate Milk(24)</p> <p>14 461:367:69</p>	<p>Crispy Chicken Sandwich w/ Bacon on WG Bun (13)</p> <p>Baked Beans (41) Whole Wheat Hamburger Bun (24) Pineapple Tibits Cup (15) 1% White or 1% Chocolate Milk(24)</p> <p>15 869:1974:117</p>	<p>Chicken Strips & Waffle (61)</p> <p>Maple Carrot Coins (13) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p>16 772:685:127</p>	<p>Packaged Pizza Square(28)</p> <p>Fresh Broccoli Florets w/ Ranch Dressing (1) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)</p> <p>17 645:825:84</p>	
<p>Chicken Fajita with Tortilla (18)</p> <p>Texas Ranchero Pinto Beans (22) Mixed Fruit Cup (11) 1% White or 1% Chocolate Milk(24)</p> <p>21 543:981:75</p>	<p>Crispy Chicken Sandwich on WG Bun (9)</p> <p>Maple Carrot Coins (13) Whole Wheat Hamburger Bun (24) Diced Peach Cup (21) 1% White or 1% Chocolate Milk(24)</p> <p>22 604:660:91</p>	<p>Sloppy Joe Sliders (36)</p> <p>Seasoned Corn (19) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p>23 640:717:108</p>	<p>Packaged Pizza Square(28)</p> <p>Fresh Broccoli Florets w/ Ranch Dressing (1) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)</p> <p>24 645:825:84</p>	
<p>Texas Chili(15)</p> <p>Potato Wedges (38) Diced Pear Cup (14) 1% White or 1% Chocolate Milk(24)</p> <p>28 653:1500:91</p>	<p>Cheeseburger Meatloaf on WW Bun (8)</p> <p>Steamed Broccoli (5) Whole Wheat Hamburger Bun (24) Pineapple Tibits Cup (15) 1% White or 1% Chocolate Milk(24)</p> <p>29 552:698:76</p>	<p>WG Beef Taco Crisp Up w/ WG Spanish Rice(28)</p> <p>Texas Ranchero Pinto Beans (22) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p>30 722:1289:103</p>	<p>Packaged Pizza Square(28)</p> <p>Baby Carrots w/Ranch (8) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)</p> <p>31 671:886:91</p> <p>Happy Halloween!</p>	



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Tips & Information

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AvgCals:690 AvgSod(mg):1146 AvgCarbs(g):100

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



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