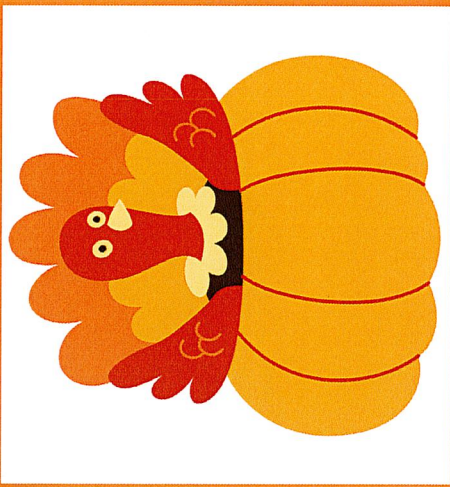


Summit Academy North Breakfast



Monday		Tuesday		Wednesday		Thursday		Friday		
4	Golden Graham's Cereal Animal Graham's Craisins 100% Juice (88)1% White Milk or 1% Chocolate Milk(11) 500:460:99	5	Golden Graham's Cereal Animal Graham's Craisins 100% Juice (88)1% White Milk or 1% Chocolate Milk(11) 500:460:99	6	WG Bagel with Cream Cheese Fresh Apple 100% Juice (74)1% White Milk or 1% Chocolate Milk(11) 498:445:85	7	WG Banana Muffin Mini Vanilla Goldfish Craisins 100% Juice (92)1% White Milk or 1% Chocolate Milk(11) 590:340:103	8	WG Banana Muffin Mini Vanilla Goldfish Craisins 100% Juice (92)1% White Milk or 1% Chocolate Milk(11) 590:340:103	
11	Cocoa Puffs Cereal Bar Animal Graham's Mixed Fruit Cup 100% Juice (78)1% White Milk or 1% Chocolate Milk(11) Veterans Day! 488:345:89	12	Blueberry NutriGrain Bar Vanilla Goldfish Diced Pear Cup 100% Juice (78)1% White Milk or 1% Chocolate Milk(11) 485:380:89	13	Cinnamon Goldfish Cracker Fresh Apple 100% Juice (63)Dannon Nonfat Creamy Yogurt (15) 1% White Milk or 1% Chocolate Milk(11) 468:300:89	14	Double Chocolate Chip Muffin Vanilla Goldfish Craisins 100% Juice (88)1% White Milk or 1% Chocolate Milk(11) 570:335:99	15	Double Chocolate Chip Muffin Vanilla Goldfish Craisins 100% Juice (88)1% White Milk or 1% Chocolate Milk(11) 570:335:99	
18	Raisin Bran Cereal WG Animal Graham's Diced Peach cup 100% Juice (86)1% White Milk or 1% Chocolate Milk(11) 470:360:97	19	Apple NutriGrain Bar Vanilla Goldfish Pineapple Cup 100% Juice (79)1% White Milk or 1% Chocolate Milk(11) 506:386:90	20	WG Bagel with Cream Cheese Fresh Apple 100% Juice (74)1% White Milk or 1% Chocolate Milk(11) 498:445:85	21	Golden Graham's Bar Vanilla Goldfish 100% Juice Fruit Cup (77)1% White Milk or 1% Chocolate Milk(11) 493:380:88	22	Golden Graham's Bar Vanilla Goldfish 100% Juice Fruit Cup (77)1% White Milk or 1% Chocolate Milk(11) 493:380:88	
25	Frosted Flakes Vanilla Goldfish Craisins 100% Juice (85)1% White Milk or 1% Chocolate Milk(11) 490:420:96	26	Trix Cereal Bar Animal Graham's Mandarin Orange Cup 100% Juice (79)1% White Milk or 1% Chocolate Milk(11) Happy Thanksgiving! 493:345:90	27	WG Bagel with Cream Cheese Fresh Apple 100% Juice (74)1% White Milk or 1% Chocolate Milk(11) 498:445:85	28	Golden Graham's Bar Vanilla Goldfish 100% Juice Fruit Cup (77)1% White Milk or 1% Chocolate Milk(11) 493:380:88	29	Golden Graham's Bar Vanilla Goldfish 100% Juice Fruit Cup (77)1% White Milk or 1% Chocolate Milk(11) 493:380:88	



Thought for Thought

Tips & Information

Abraham Lincoln declared Thanksgiving a national holiday on October 3, 1863. Sarah Josepha Hale, the woman who wrote "Mary Had A Little Lamb," convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.

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

Nutrition Key -> Cals:Sodium(mg);Carbs(g) - Item Carbs(g) in ()
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10/15/2024 7:23:01 PM

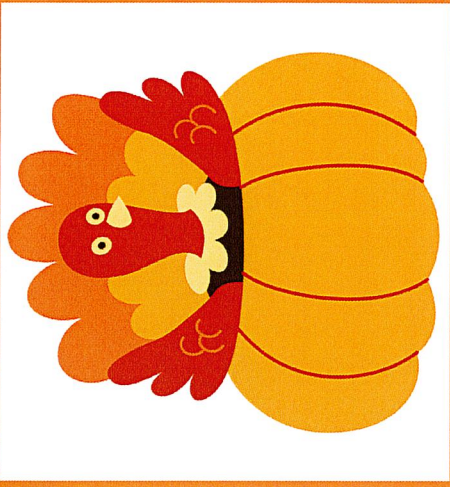


"or." = An alternative selection to choose. *WG=Whole Grain
1% White & 1%Chocolate Milk available daily.

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

Summit Academy North Lunch

Monday		Tuesday		Wednesday		Thursday		Friday	
4	570:959:80	5	No School	6	526:743:66	7	666:751:100	8	
Beef & Cheese Nachos w/ WG Corn Fiesta Taco Black Beans (21) Diced Pear Cup (14) 1% White or 1% Chocolate Milk(24)				Breaded Chicken Drumstick w/Dinner Seasoned Greens (5) Mandarin Orange Cup (13) 100% Apple Juice(15)		Packaged Pizza Square(28) 100% Mango Splash Juice Box (17) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)			
11	Veterans Day! 674:740:104	12	613:1111:69	13	705:1214:104	14	645:825:84	15	
Popcorn Chicken w/WG Dinner Roll(46) Maple Carrot Coins (13) Diced Peach Cup (21) 1% White or 1% Chocolate Milk(24)		Flame-Grilled Chicken Burger w/ Cheese on Baked Green Beans (5) Mixed Fruit Cup (11) 1% White or 1% Chocolate Milk(24)		Meatballs & Gravy with WW Dinner Roll Mashed Potato (32) Mandarin Orange Cup (13) 1% White or 1% Chocolate Milk(24)		Packaged Pizza Square(28) Fresh Broccoli Florets w/ Ranch Dressing (1) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)			
18	672:433:104	19	531:524:72	20	717:1237:97	21	671:886:91	22	
Baked Mostaccioli w/ WG Dinner Roll(60) Steamed Broccoli (5) Pineapple Tarts Cup (15) 1% White or 1% Chocolate Milk(24)		Italian Meatball Sub on WG Bun (28) Baked Green Beans (5) Diced Pear Cup (14) 1% White or 1% Chocolate Milk(24)		Chicken in Gravy w/ Biscuit (29) Mashed Potato (32) Fresh Orange(11) 1% White or 1% Chocolate Milk(24)		Packaged Pizza Square(28) Baby Carrots w/Ranch (8) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)			
25	598:750:82	26	Happy Thanksgiving! 694:1085:97	27	No School	28		29	
Packaged Pizza Square(28) 100% Mango Splash Juice Box (17) Mandarin Orange Cup (13) 1% White or 1% Chocolate Milk(24)		Breaded Chicken Parm Sandwich on WG Maple Carrot Coins (13) Diced Peach Cup (21) 1% White or 1% Chocolate Milk(24)							



Thought for Thought

Tips & Information

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Nutrition Key -> Cals:Sodium(mg);Carbs(g) - Item Carbs(g) in ()
AvgCals:637 AvgSod(mg):866 AvgCarbs(g):88

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



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