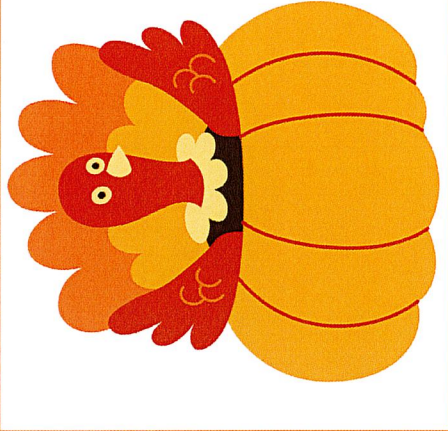


Summit North Great Start Breakfast

Monday		Tuesday		Wednesday		Thursday		Friday	
4	Rice Chex Cereal(24) Diced Peas (7) 1% White Milk(11)	5	No School	6	Dannon Nonfat Creamy Yogurt (15) Mandarin Oranges (10) 1% White Milk(11)	7	Cheerios Bowl(21) Fresh Banana(31) 1% White Milk(11)	1	No Program
4	230:372:42	5	No School	6	225:195:36	7	321:261:63	8	No Program
11	Blueberry Chex Cereal (23) Mandarin Oranges (10) 1% White Milk(11)	12	WG Blueberry Muffin(30) 100% Apple Juice(15) 1% White Milk(11)	13	Dannon Nonfat Creamy Yogurt (12) Diced Peaches (7) 1% White Milk(11)	14	Cinnamon Chex Cereal(23) Fresh Banana(31) 1% White Milk(11)	15	No Program
11	Veterans Day! 265:310:44	12	350:260:56	13	200:195:30	14	341:291:65	15	No Program
18	Honey Cherrios Bowl (22) Mandarin Oranges (10) 1% White Milk(11)	19	WG Banana Muffin(31) Diced Peas (7) 1% White Milk(11)	20	Dannon Nonfat Creamy Yogurt (12) Pineapple Tidbits (8) 1% White Milk(11)	21	Rice Chex Cereal(24) Fresh Banana(31) 1% White Milk(11)	22	No Program
18	255:300:43	19	330:232:49	20	205:190:31	21	321:371:66	22	No Program
25	Cinnamon Chex Cereal(23) Tropical Fruit (7) 1% White Milk(11)	26	WG Blueberry Muffin(30) 100% Apple Juice(15) 1% White Milk(11)	27	No School	28	No School	29	No Program
25	250:290:41	26	Happy Thanksgiving! 350:260:56	27	No School	28	No School	29	No Program



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 for prior civil rights activity

10/15/2024 10:16:34 PM
Nutrition Key -> Cals:Sodium(mg);Carbs(g) - Item Carbs(g) in ()
AvgCals:280 AvgSod(mg):271 AvgCarbs(g):47

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



Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
Half Turkey Ham Sandwich on WW Baby Carrots w/ Ranch (9) Mandarin Oranges (10) 1% White Milk(11)	Seasoned Green Beans (1) Mandarin Oranges (10) 1% White Milk(11)	Alfredo with WG Penne Pasta(30) Seasoned Green Beans (1) Pineapple Tidbits (8) 1% White Milk(11)	Sunbutter & Jelly Uncrustable on WG Celery Sticks w/ Ranch(1) Diced Peaches (7) 1% White Milk(11)	No Program
4 247:606:30	5 No School	6 432:1260:51	7 565:766:53	8 No Program
Chicken Stir-Fry w/Veg(4) Brown Rice (24) Fresh Apple slices(7) 1% White Milk(11)	Cheeseburger Mac (Ground Turkey & Seasoned Green Beans (1) Mandarin Oranges (10) 1% White Milk(11)	Cheesy Chicken Breast (1) California Blend Vegetable (Carrots, Broccoli, Cauliflower) Wheat Bread Slice(18) Fresh Orange Smiles(11) 1% White Milk(11)	Beef & Cheese Soft Taco with WG Chopped Romaine Salad with Tomato (1) Diced Pears (7) 1% White Milk(11)	No Program
11 Veterans Day! 350:213:46	12 480:969:49	13 414:575:43	14 355:563:36	15 No Program
Vegetarian Chili(Kidney Beans, Mixed Vegetable (Corn, Green Beans, Peas, Carrots) (6) Soft Breadstick(14) Pineapple Tidbits (8) 1% White Milk(11)	Cheesy Lasagna Rollup(32) Seasoned Steamed Broccoli (2) Diced Peaches (7) 1% White Milk(11)	Chicken Meatballs(11) Mashed Potatoes (15) WG Dinner Roll(14) Fresh Apple slices(7) 1% White Milk(11)	Chicken Fajita (3) Mexican Pinto Beans(18) Whole Grain Tortilla(15) Diced Melon 1% White Milk(11)	No Program
18 376:523:59	19 395:558:52	20 606:1011:58	21 411:813:47	22 No Program
Popcorn Chicken (14) Vegetarian Baked Beans (12) Diced Peaches (7) 1% White Milk(11)	Mostaccioli with Beef and WG Noodles(22) Seasoned Green Beans (1) Fresh Orange Smiles(11) 1% White Milk(11)	No School	No School	No Program
25 367:683:45	26 Happy Thanksgiving! 344:265:46	27 No School	28 No School	29 No Program



Thought for Thought

Tips & Information

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10/15/2024 10:16:13 PM
 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:410 AvgSod(mg):677 AvgCarbs(g):47

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



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