

Summit North Great Start Breakfast

Monday		Tuesday		Wednesday		Thursday		Friday	
2	255:370:49	Rice Chex Cereal(24) Diced Pear Cup (14) 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)	5	235:260:40	6	
9	265:290:43	Cinnamon Toast Crunch Cereal(22) 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)	12	265:300:44	13	
16	240:290:40	Honey Cheerios 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) Pineapple Tidbits (8) 1% White Milk(11)	Rice Chex Cereal(24) Diced Peaches (7) 1% White Milk(11)	19	230:375:42	20	
23				25 Happy Holidays!		26		27	
30				31 Happy New Years Eve!					



Thought for Thought

Tips & Information

Snowboarding has a rich history that dates back to the 1960s when surfers in California began experimenting with riding on snow. The sport gained popularity in the 1980s when the first snowboard competition took place.

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

11/15/2024 1:58:05 PM
Nutrition Key -> Cals:Sodium(mg);Carbs(g) - Item Carbs(g) in ()
AvgCals:263 AvgSod(mg);266 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	
2	Alfredo with WG Penne Pasta(30) Seasoned Green Beans (1) Pineapple Tribitis (8) 1% White Milk(11)	3	Diced Turkey and Gravy(4) Mashed Potatoes (15) Wheat Bread Slice(18) Diced Peaches (7) 1% White Milk(11)	4	WG Mini Corn Dogs(25) Vegetarian Baked Beans (12) Fresh Orange Smiles(11) 1% White Milk(11)	5	Chicken & Rice Casserole (53) Seasoned Steamed Broccoli (2) Applesauce Cup(14) 1% White Milk(11)	6	
9	Macaroni & Cheese with WG Noodles(21) Seasoned Steamed Broccoli (2) Diced Pears (7) 1% White Milk(11)	10	Chicken Tenders w/BBQ sauce(21) Vegetarian Baked Beans (12) Tropical Fruit (7) 1% White Milk(11)	11	Cheese Omelette w/Taco Sauce(1) Diced Potatoes(9) WG Biscuit (13) 100% Orange Tangerine Juice(15) 1% White Milk(11)	12	Deli Turkey and Cheese Wrap with WG Tortilla(3) Baby Carrots w/ Ranch (9) Whole Grain Tortilla(15) Fresh Apple slices(7) 1% White Milk(11)	13	
16	Chicken Pot Pie w/ Diced Chicken & Mixed WG Biscuit (13) Diced Strawberries(3) 1% White Milk(11)	17	WW Spaghetti with Ground Turkey(8) California Blend Vegetable (Carrots, Broccoli, Cauliflower) Pineapple Tribitis (6) 1% White Milk(11)	18	Sloppy Joe on WG Bun(19) Chopped Romaine Salad with Tomato (1) Diced Peaches (7) 1% White Milk(11)	19	Ground Turkey & Cheese Nachos with Seasoned Corn (8) Fresh Banana(31) 1% White Milk(11)	20	
23		24		25	Happy Holidays!	26		27	
30		31	Happy New Years Eve!						



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11/15/2024 1:57:43 PM
Nutrition Key -> Cals:Sodium(mg);Carbs(g) - Item Carbs(g) in ()
AvgCals:409 AvgSod(mg);717 AvgCarbs(g);50

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



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