

Summit Academy North Breakfast



Monday		Tuesday		Wednesday		Thursday		Friday	
2	Bag Breakfast Cocoa Puffs Cereal Bar Animal Grahams Mixed Fruit Cup 100% Juice (78)1% White Milk or 1% Chocolate Milk(11)	3	Bag Breakfast Cinnamon Toast Crunch Cereal Vanilla Goldfish 100% Juice (83)1% White Milk or 1% Chocolate Milk(11)	4	Bag Breakfast WG Bagel with Cream Cheese Fresh Apple 100% Juice (74)1% White Milk or 1% Chocolate Milk(11)	5	Bag Breakfast Strawberry NutriGrain Bar Vanilla Goldfish Pineapple Cup 100% Juice (79)1% White Milk or 1% Chocolate Milk(11)	6	
9	Bag Breakfast Golden Grahams Cereal Animal Grahams Craisins 100% Juice (88)1% White Milk or 1% Chocolate Milk(11)	10	Bag Breakfast Trix Cereal Bar Animal Grahams Mandarin Orange Cup 100% Juice (79)1% White Milk or 1% Chocolate Milk(11)	11	Bag Breakfast Cinnamon Goldfish Cracker Fresh Apple 100% Juice (63)Dannon Nonfat Creamy Yogurt (15) 1% White Milk or 1% Chocolate Milk(11)	12	Bag Breakfast Apple NutriGrain Bar Vanilla Goldfish Pineapple Cup 100% Juice (79)1% White Milk or 1% Chocolate Milk(11)	13	
16	Bag Breakfast WG Blueberry Muffin Animal Grahams Craisins 100% Juice (94)1% White Milk or 1% Chocolate Milk(11)	17	Bag Breakfast Blueberry NutriGrain Bar Vanilla Goldfish Diced Pear Cup 100% Juice (78)1% White Milk or 1% Chocolate Milk(11)	18	Bag Breakfast WG Bagel with Cream Cheese Fresh Apple 100% Juice (74)1% White Milk or 1% Chocolate Milk(11)	19	Bag Breakfast WG Banana Muffin Mini Vanilla Goldfish Craisins 100% Juice (92)1% White Milk or 1% Chocolate Milk(11)	20	
23		24	Happy New Years Eve!	25	Happy Holidays!	26		27	
30									



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 4:35:38 PM
Nutrition Key -> Cals:Sodium(mg);Carbs(g) - Item Carbs(g) in ()
AvgCals:510 AvgSod(mg):383 AvgCarbs(g):92



Menu Subject to Change

Summit Academy North Lunch



Monday		Tuesday		Wednesday		Thursday		Friday	
2	Cheesy Taco Penne w/ WG Dinner Roll(49) Steamed Broccoli (5) Diced Pear Cup (14) 1% White or 1% Chocolate Milk(24)	3	Classic Cheeseburger on WW Bun (29) Baked Beans (41) Pineapple Tibits Cup (15) 1% White or 1% Chocolate Milk(24)	4	Chicken Strips & Waffle (84) Maple Carrot Coins (13) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)	5	Pre-Packaged Pepperoni Breadstick 100% Mango Splash Juice Box (17) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)	6	
9	Chicken Fajita with Tortilla (18) Texas Ranchero Pinto Beans (22) Mixed Fruit Cup (11) 1% White or 1% Chocolate Milk(24)	10	Crispy Chicken Sandwich on WG Bun Maple Carrot Coins (13) Diced Peach Cup (21) 1% White or 1% Chocolate Milk(24)	11	Beef Sloppy Joe on WW Bun (34) Seasoned Corn (19) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)	12	Pre-Packaged Pepperoni Breadstick Fresh Broccoli Florets w/ Ranch Dressing (1) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)	13	
16	Texas Chili w/ WG Dinner Roll(42) Potato Wedges (38) Diced Pear Cup (14) 1% White or 1% Chocolate Milk(24)	17	Cheeseburger Meatloaf on WW Bun (32) Steamed Broccoli (5) Pineapple Tibits Cup (15) 1% White or 1% Chocolate Milk(24)	18	WG Beef Taco Crisp Up w/ WG Spanish Rice(28) Texas Ranchero Pinto Beans (22) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)	19	Pre-Packaged Pepperoni Breadstick Baby Carrots w/Ranch (8) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)	20	
23		24		25	Happy Holidays!	26		27	
30		31	Happy New Years Eve!						



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Nutrition Key -> Cals:Sodium(mg);Carbs(g) - Item Carbs(g) in ()
AvgCals:658 AvgSod(mg);932 AvgCarbs(g);95

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



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