

# Summit North Great Start Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cinnamon Toast Crunch Cereal(22)</b> 100% Orange-Tangerine Juice(15) 1% White Milk(11)	<b>WG Blueberry Muffin(30)</b> Cinnamon Applesauce Cup(14) 1% White Milk(11)	<b>1 Happy New Year!</b> <b>Dannon Nonfat Creamy Yogurt (12)</b> Diced Peaches (7) 1% White Milk(11)	<b>2 No School</b> <b>Cinnamon Chex Cereal(23)</b> Mandarin Oranges (10) 1% White Milk(11)	<b>3 No Program</b>
<b>6</b> 280:285:48 <b>Honey Cherrios Bowl (22)</b> Tropical Fruit (7) 1% White Milk(11)	<b>7</b> 340:255:55 <b>WG Banana Muffin(31)</b> Diced Pears (7) 1% White Milk(11)	<b>8</b> 200:195:30 <b>Dannon Nonfat Creamy Yogurt (12)</b> 100% Orange Tangerine Juice(15) 1% White Milk(11)	<b>9</b> 265:300:44 <b>Rice Chex Cereal(24)</b> Diced Peaches (7) 1% White Milk(11)	<b>10 No Program</b>
<b>13</b> 240:290:40 <b>MLK Day</b> <b>Rice Chex Cereal(24)</b> Diced Pears (7) 1% White Milk(11)	<b>14</b> 330:232:49 <b>WG Blueberry Muffin(30)</b> 100% Apple Juice(15) 1% White Milk(11)	<b>15</b> 230:195:38 <b>Dannon Nonfat Creamy Yogurt (15)</b> Pineapple Tidbits (8) 1% White Milk(11)	<b>16</b> 230:375:42 <b>Honey Cherrios Bowl (22)</b> Diced Pears (7) 1% White Milk(11)	<b>17 No Program</b>
<b>20</b> 230:372:42 <b>Rice Chex Cereal(24)</b> Diced Pears (7) 1% White Milk(11)	<b>21</b> 350:260:56 <b>WG Banana Muffin(31)</b> 100% Orange Tangerine Juice(15) 1% White Milk(11)	<b>22</b> 215:185:34 <b>Dannon Nonfat Creamy Yogurt (15)</b> Mandarin Oranges (10) 1% White Milk(11)	<b>23</b> 240:292:40 <b>Cheerios Bowl(21)</b> Pineapple Tidbits (8) 1% White Milk(11)	<b>24 No Program</b>
<b>27</b> 230:372:42 <b>Rice Chex Cereal(24)</b> Diced Pears (7) 1% White Milk(11)	<b>28</b> 360:235:57 <b>WG Banana Muffin(31)</b> 100% Orange Tangerine Juice(15) 1% White Milk(11)	<b>29</b> 225:195:36 <b>Dannon Nonfat Creamy Yogurt (15)</b> Mandarin Oranges (10) 1% White Milk(11)	<b>30</b> 235:260:40 <b>Cheerios Bowl(21)</b> Pineapple Tidbits (8) 1% White Milk(11)	<b>31 No Program</b>



Thought for Thought

Tips & Information

It's a well-documented fact that very first snowman was made in Eau Claire, Wisconsin on January 7, 1809 by Vernon Paul and his 9 year old daughter, Yetty Paul. According to Mr. Paul, he told his daughter that the snowman was intended to frighten away the Boxing Day elves (popular legend said Boxing Day elves reclaimed Christmas presents). Once the Paul family's neighbors saw the snowman, and Yetty explained to her friends how easy it was to make, children all over the town were making snowmen.

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

12/9/2024 7:45:50 AM  
 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
 AvgCals:264 AvgSod(mg):261 AvgCarbs(g):43

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



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



# Summit North Great Start Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
<b>6</b> 336:59:35 <b>Macaroni &amp; Cheese with WG Noodles(21)</b> Seasoned Steamed Broccoli (2) Diced Pears (7) 1% White Milk(11)	<b>7</b> 474:835:52 <b>Chicken Tenders w/BBQ sauce(21)</b> Vegetarian Baked Beans (12) Tropical Fruit (7) 1% White Milk(11)	<b>1</b> <b>Happy New Year!</b> <b>2</b> <b>No School</b>	<b>2</b> <b>No School</b>	<b>3</b> <b>No Program</b>
<b>13</b> 336:559:35 <b>Chicken Pot Pie w/ Diced Chicken &amp; Mixed</b> WG Biscuit (13) Diced Strawberries(3) 1% White Milk(11)	<b>14</b> 297:160:28 <b>Beef Meatballs &amp; Gravy (6)</b> Mixed Vegetable (Corn, Green Beans, Peas, Carrots) (6) Brown Rice (24) Fresh Apple slices(7) 1% White Milk(11)	<b>8</b> 424:791:49 <b>Turkey Burger on WG Bun(30)</b> Vegetarian Baked Beans (12) Diced Peaches (7) 1% White Milk(11)	<b>9</b> 364:885:34 <b>Ground Turkey &amp; Cheese Nachos with WG Tortilla</b> Seasoned Corn (8) Fresh Banana(31) 1% White Milk(11)	<b>10</b> <b>No Program</b>
<b>20</b> MLK Day <b>Half Turkey Ham Sandwich on WW Bread</b> Baby Carrots w/ Ranch(5) Mandarin Oranges (10) 1% White Milk(11)	<b>21</b> 434:439:54 <b>Chicken Stew(potato, carrot, pea, tomato, celery</b> Whole Wheat Oyster Crackers(11) Fresh Orange Smlies(11) 1% White Milk(11)	<b>15</b> 549:1340:60 <b>Diced Chicken and Gravy(2)</b> Mashed Potatoes (15) WG Dinner Roll(14) Tropical Fruit (7) 1% White Milk(11)	<b>16</b> 479:329:68 <b>Mini Cheese Calzones (26)</b> Chopped Romaine Salad with Tomato (1) 100% Apple Juice(15) 1% White Milk(11)	<b>17</b> <b>No Program</b>
<b>27</b> 227:576:26	<b>28</b> 350:471:42	<b>22</b> 396:754:50 <b>Alfredo with WG Penne Pasta(30)</b> Seasoned Green Beans (1) Pineapple Tribits (8) 1% White Milk(11)	<b>23</b> 422:560:54 <b>Sunbutter &amp; Jelly Uncrustable on WG</b> Celery Sticks w/ Ranch(1) Fresh Banana(31) 1% White Milk(11)	<b>24</b> <b>No Program</b>
<b>27</b> 227:576:26	<b>28</b> 350:471:42	<b>29</b> 432:1260:51	<b>30</b> 656:762:77	<b>31</b> <b>No Program</b>



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12/9/2024 7:45:26 AM  
 Nutrition Key -> Cals Sodium(mg) Carbs(g) - Item Carbs(g) in ( )  
 AvgCals.411 AvgSod(mg);700 AvgCarbs(g);48

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



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