

February,

Summit Academy North Breakfast

February,



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Bag Breakfast</p> <p>Frosted Flakes Vanilla Goldfish Craisins 100% Juice (85)1% White Milk or 1% Chocolate Milk(11)</p> <p>3 490:455:96</p>	<p>Bag Breakfast</p> <p>Blueberry Nutrigrain Bar Vanilla Goldfish Diced Pear Cup 100% Juice (78)1% White Milk or 1% Chocolate Milk(11)</p> <p>4 485:415:89</p>	<p>Bag Breakfast</p> <p>Cinnamon Goldfish Cracker Fresh Apple 100% Juice (63)Dannon Nonfat Creamy Yogurt (15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>5 468:300:89</p>	<p>Bag Breakfast</p> <p>Trix Cereal Bar Animal Grahams Mandarin Orange Cup 100% Juice (79)1% White Milk or 1% Chocolate Milk(11)</p> <p>6 493:345:90</p>	<p>7 598:885:71</p>
<p>Bag Breakfast</p> <p>Cocoa Puffs Cereal Bar Animal Grahams Mixed Fruit Cup 100% Juice (78)1% White Milk or 1% Chocolate Milk(11)</p> <p>10 488:345:89</p>	<p>Bag Breakfast</p> <p>Cinnamon Toast Crunch Cereal Vanilla Goldfish Craisins 100% Juice (83)1% White Milk or 1% Chocolate Milk(11)</p> <p>11 510:425:94</p>	<p>Bag Breakfast</p> <p>WG Bagel with Cream Cheese Fresh Apple 100% Juice (73)1% White Milk or 1% Chocolate Milk(11)</p> <p>12 508:425:84</p>	<p>Bag Breakfast</p> <p>Golden Grahams Cereal Animal Grahams Peach Cup 100% Juice (82)1% White Milk or 1% Chocolate Milk(11)</p> <p>13 470:460:93</p>	<p>14 <i>Valentine's Day</i></p>
<p>17</p>	<p>18</p>	<p>Bag Breakfast</p> <p>Cinnamon Goldfish Cracker Fresh Apple 100% Juice (63)Dannon Nonfat Creamy Yogurt (15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>19 468:300:89</p>	<p>Bag Breakfast</p> <p>Cheerio Cereal Bar Animal Grahams Pear Fruit Cup 100% Juice (81)1% White Milk or 1% Chocolate Milk(11)</p> <p>20 485:325:92</p>	<p>21</p>
<p>Bag Breakfast</p> <p>Golden Grahams Cereal Animal Grahams Craisins 100% Juice (88)1% White Milk or 1% Chocolate Milk(11)</p> <p>24 500:460:99</p>	<p>Bag Breakfast</p> <p>Apple Nutrigrain Bar Vanilla Goldfish Pineapple Cup 100% Juice (79)1% White Milk or 1% Chocolate Milk(11)</p> <p>25 506:421:90</p>	<p>Bag Breakfast</p> <p>WG Bagel with Cream Cheese Fresh Apple 100% Juice (73)1% White Milk or 1% Chocolate Milk(11)</p> <p>26 508:425:84</p>	<p>Bag Breakfast</p> <p>WG Banana Muffin Mini Vanilla Goldfish Craisins 100% Juice (92)1% White Milk or 1% Chocolate Milk(11)</p> <p>27 590:375:103</p>	<p>28</p>

Happy Valentine's Day

Thought for Thought



Tips & Information

Since its inception, Black History Month has expanded beyond its initial acceptance in educational establishments. Carter Woodson's organization, now known as the Association for the Study of African American Life and History (ASALH), designates a theme each year. This year, February will be a celebration of Black History Month with the theme "African Americans and the Arts." The ASALH shares, "African American art is infused with African, Caribbean, and the Black American lived experiences."

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:531 AvgSod(mg):555 AvgCarbs(g):84

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



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

February,

Summit Academy North Lunch

February,



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Chicken & Rice Casserole (32) Mashed Potato (21) Mixed Fruit Cup (11) 1% White or 1% Chocolate Milk(24)</p> <p>3 652:1004:89</p>	<p>Breaded Chicken Parm Sandwich on WG Bun (39) Maple Carrot Coins (13) Diced Peach Cup (21) 1% White or 1% Chocolate Milk(24)</p> <p>4 694:1085:97</p>	<p>Classic Cheeseburger on WW Bun (29) Baked Beans (41) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p>5 821:1613:123</p>	<p>Pre-Packaged Pepperoni Breadstick Pizza(28) 100% Paradise Punch Juice Box(17) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)</p> <p>6 666:751:100</p>	
<p>Cheesy Taco Penne w/ WG Dinner Roll(38) Marvelous Mixed Veggies (9) Diced Pear Cup (14) 1% White or 1% Chocolate Milk(24)</p> <p>10 541:517:85</p>	<p>Breaded Chicken Patty on WW Bun (41) Maple Carrot Coins (13) Pineapple Tibits Cup (15) 1% White or 1% Chocolate Milk(24)</p> <p>11 650:1056:93</p>	<p>Walking Taco w/ WG Corn Chips (22) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p>12 601:964:90</p>	<p>Pre-Packaged Pepperoni Breadstick Pizza(28) Fresh Broccoli Florets w/ Ranch Dressing (1) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)</p> <p>13 645:825:84</p>	<p>14 <i>Valentine's Day</i></p>
		<p>Beef Sloppy Joe on WW Bun (34) Seasoned Corn (19) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p>19 613:698:106</p>	<p>Pre-Packaged Pepperoni Breadstick Pizza(28) Fresh Broccoli Florets w/ Ranch Dressing (1) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)</p> <p>20 645:825:84</p>	<p>21 605:869:77</p>
<p>Texas Chili w/ WG Dinner Roll(31) Potato Wedges (41) Diced Pear Cup (14) 1% White or 1% Chocolate Milk(24)</p> <p>24 743:1735:110</p>	<p>Cheeseburger Meatloaf on WW Bun (32) Steamed Broccoli (5) Pineapple Tibits Cup (15) 1% White or 1% Chocolate Milk(24)</p> <p>25 552:698:76</p>	<p>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)</p> <p>26 722:1289:103</p>	<p>Pre-Packaged Pepperoni Breadstick Pizza(28) Baby Carrots w/Ranch (8) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)</p> <p>27 598:885:71</p>	<p>28</p>

Happy Valentine's Day

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:633 AvgSod(mg):954 AvgCarbs(g):85

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



Menu Subject to Change