

March, 2025

Summit Academy North Breakfast

March, 2025



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|-----------|
| Bag Breakfast Cocoa Puffs Cereal Bar Animal Grahams Mixed Fruit Cup 100% Juice (84)1% White Milk or 1% Chocolate Milk(11) 3 520:345:95 | Bag Breakfast Golden Grahams Cereal Animal Grahams Peach Cup 100% Juice (81)1% White Milk or 1% Chocolate Milk(11) 4 470:460:92 | Bag Breakfast Cinnamon Goldfish Cracker Fresh Apple 100% Juice (62)Dannon Nonfat Creamy Yogurt (15) 1% White Milk or 1% Chocolate Milk(11) 5 468:302:88 | Bag Breakfast Double ChocolateChip Muffin Vanilla Goldfish Craisins 100 % Juice (87)1% White Milk or 1% Chocolate Milk(11) 6 570:370:98 | |
| Bag Breakfast Raisin Bran Cereal WG Animal Grahams Diced Peach cup 100% Juice (85)1% White Milk or 1% Chocolate Milk(11) 10 470:360:96 | Bag Breakfast Strawberry Nutrigrain Bar Vanilla Goldfish Pineapple Cup 100% Juice (79)1% White Milk or 1% Chocolate Milk(11) 11 490:421:90 | Bag Breakfast WG Bagel with Cream Cheese Fresh Apple 100% Juice (72)1% White Milk or 1% Chocolate Milk(11) 12 508:427:83 | Bag Breakfast Apple Cinnamon Cheerios Animal Grahams Craisins 100% Juice (85)1% White Milk or 1% Chocolate Milk(11) 13 500:355:96 | |
| Bag Breakfast Frosted Flakes Vanilla Goldfish Craisins 100% Juice (84)1% White Milk or 1% Chocolate Milk(11) St.Patrick's Day 17 490:455:95 | Bag Breakfast Blueberry Nutrigrain Bar Vanilla Goldfish Diced Pear Cup 100% Juice (77)1% White Milk or 1% Chocolate Milk(11) 18 485:415:88 | Bag Breakfast Cinnamon Goldfish Cracker Fresh Apple 100% Juice (62)Dannon Nonfat Creamy Yogurt (15) 1% White Milk or 1% Chocolate Milk(11) 19 468:302:88 | Bag Breakfast Trix Cereal Bar Animal Grahams Mandarin Orange Cup 100% Juice (78)1% White Milk or 1% Chocolate Milk(11) 20 493:345:89 | |
| 24 No School | 25 No School | 26 No School | 27 No School | 28 |
| Bag Breakfast Apple Nutrigrain Bar Vanilla Goldfish Pineapple Cup 100% Juice (79)1% White Milk or 1% Chocolate Milk(11) 31 490:421:90 | | | | |



Thought for Thought

Tips & Information

Established in 1989, the National School Breakfast week was created to remind and encourage all students to eat a nutritious breakfast. Research has shown eating breakfast in the morning provides the fuel children need to perform all day. Look to fresh fruits, vegetables, nuts, yogurt or toast for a quick and delicious meal.

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

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:494 AvgSod(mg):382 AvgCarbs(g):91

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



Menu Subject to Change

March, 2025

Summit Academy North Lunch

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|-----------|
| 3 Beef & Cheese Nachos w/ WG Corn Chips Fiesta Taco Black Beans Diced Peach Cup 1% White or 1% Chocolate Milk | 4 Turkey Kielbasa on WW Bun Potato Wedges Mandarin Orange Cup 1% White or 1% Chocolate Milk | 5 Breaded Chicken Drumstick w/Dinner roll Seasoned Greens Fresh Gala Apple 1% White or 1% Chocolate Milk | 6 Pre-Packaged Pepperoni Breadstick Pizza 100% Mango Splash Juice Box Fresh Banana 1% White or 1% Chocolate Milk | |
| 10 Popcorn Chicken w/WG Dinner Roll Maple Carrot Coins Pineapple Tibits Cup 1% White or 1% Chocolate Milk | 11 Classic Cheeseburger on WW Bun Baked Green Beans Fresh Gala Apple 1% White or 1% Chocolate Milk | 12 Meatballs & Gravy with WW Dinner Roll Mashed Potato Mandarin Orange Cup 1% White or 1% Chocolate Milk | 13 Pre-Packaged Pepperoni Breadstick Pizza Fresh Broccoli Florets w/ Ranch Dressing Fresh Banana 1% White or 1% Chocolate Milk | |
| 17 St. Patrick's Day Baked Mostaccioli w/ WG Dinner Roll Steamed Broccoli Mandarin Orange Cup 1% White or 1% Chocolate Milk | 18 BBQ Beef Rib Patty on WG Bun Baked Green Beans Diced Pear Cup 1% White or 1% Chocolate Milk | 19 Crispy Chicken Sandwich w/ Bacon on Baked Beans Fresh Gala Apple 1% White or 1% Chocolate Milk | 20 Pre-Packaged Pepperoni Breadstick Pizza Baby Carrots w/Ranch Fresh Banana 1% White or 1% Chocolate Milk | |
| 24 No School | 25 No School | 26 No School | 27 No School | 28 |
| 31 Cheesy Taco Penne w/ WG Dinner Roll Marvelous Mixed Veggies Diced Pear Cup 1% White or 1% Chocolate Milk | | | | |



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