

July, 2024

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# Summit Academy High Summer Breakfast



| Monday                     | Tuesday   | Wednesday   | Thursday  | Friday |
|----------------------------|---|---|---|--------|
| <p><b>8</b> 280:285:48</p> | <p><b>Bag Breakfast</b></p> <p>Cocoa Puff Cereal Bar<br/>Craisins<br/>(57) Shelf Stable Milk (11)</p>                                 | <p><b>Bag Breakfast</b></p> <p>WG Banana Muffin<br/>Diced Pear Cup<br/>(45) 1% White Milk or 1% Chocolate Milk(11)</p>                      | <p><b>Bag Breakfast</b></p> <p>Cherio Cereal Bowl<br/>100% Juice<br/>(36) 1% White Milk or 1% Chocolate Milk(11)</p>    |        |
| <p><b>15</b></p>           | <p><b>Bag Breakfast</b></p> <p>WG Banana Muffin<br/>Diced Pear Cup<br/>(45) 1% White Milk or 1% Chocolate Milk(11)</p>                | <p><b>Bag Breakfast</b></p> <p>Cinnamon Toast Crunch Cereal Bar<br/>Mandarin Orange cup<br/>(43) 1% White Milk or 1% Chocolate Milk(11)</p> | <p><b>Bag Breakfast</b></p> <p>Cherio Cereal Bowl<br/>100% Juice<br/>(36) 1% White Milk or 1% Chocolate Milk(11)</p>    |        |
| <p><b>22</b></p>           | <p><b>Bag Breakfast</b></p> <p>Cereal Bowl Frosted Flakes<br/>Mandarin Orange Cup<br/>(37) 1% White Milk or 1% Chocolate Milk(11)</p> | <p><b>Bag Breakfast</b></p> <p>Double Chocolate Oatmeal Bar<br/>Diced Peach Cup<br/>(45) 1% White Milk or 1% Chocolate Milk(11)</p>         | <p><b>Bag Breakfast</b></p> <p>Chocolate Chip Muffin<br/>100% Juice<br/>(42) 1% White Milk or 1% Chocolate Milk(11)</p> |        |
| <p><b>29</b></p>           | <p><b>Bag Breakfast</b></p> <p>WG Blueberry Muffin<br/>Mixed Fruit Cup<br/>(41) 1% White Milk or 1% Chocolate Milk(11)</p>            | <p><b>Bag Breakfast</b></p> <p>Apple Nutrigrain Bar<br/>100% Juice<br/>(45) 1% White Milk or 1% Chocolate Milk(11)</p>                      |   |        |
|                            |   |   |   |        |



### Thought for Thought

### Tips & Information

On July 4, 1776, the Declaration of Independence was approved by the Continental Congress, setting the 13 colonies on the road to freedom as a sovereign nation. This most American of holidays will be marked by parades, fireworks and backyard barbecues across the country. The holiday was first observed in Philadelphia on July 8, 1776, at which time the Declaration of Independence was read aloud, city bells rang, and bands played. It was not declared a legal holiday, however, until 1941. **BASTILLE DAY** July 14th. This French Holiday symbolizes the birth of the Republic. It was declared a French Holiday in 1880.

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7/8/2024 9:50:53 AM  
 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
 AvgCals:309 AvgSod(mg):271 AvgCarbs(g):52

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



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