

# Summit Academy High School Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Froot Loops Cereal(24)</b></p> <p>WG Animal Crackers(22) Fresh Orange(22) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>645:633:103</p>	<p><b>1 464:405:94</b></p> <p><b>Froot Loops Cereal(24)</b></p> <p>WG Animal Crackers(22) Fresh Orange(22) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>2 378:315:73</b></p> <p><b>WG Frosted Fudge Poptart (36)</b></p> <p>Mixed Fruit Cup (11) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>3 672:317:137</b></p> <p><b>Strawberry Cheerio Bar (30)</b></p> <p>Giant Cinnamon Goldfish(19) Fresh Banana(62) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)</p>	
<p><b>7 508:390:96</b></p> <p><b>Cinnamon Toast Crunch Cereal(22)</b></p> <p>Giant Vanilla Goldfish (19) Fresh Gala Apple(29) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>8 574:395:115</b></p> <p><b>Apple Cinnamon Nutri-grain Bar(30)</b></p> <p>WG Animal Crackers(22) Fresh Orange(22) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>9 526:456:86</b></p> <p><b>WG Bagel w/Cream cheese(30)</b></p> <p>Pineapple Tibits Cup (15) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>10 642:402:130</b></p> <p><b>Cinnamon Chex Cereal(23)</b></p> <p>Giant Cinnamon Goldfish(19) Fresh Banana(62) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>11</b></p>
<p><b>14 503:375:97</b></p> <p><b>Trix Cereal Bowl(24)</b></p> <p>Giant Vanilla Goldfish (19) Mandarin Orange Cup (13) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>15 548:360:107</b></p> <p><b>Cinnamon Toast Crunch Cereal Bar(30)</b></p> <p>WG Animal Crackers(22) Fresh Gala Apple(29) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>16 414:295:84</b></p> <p><b>Strawberry PopTart(36)</b></p> <p>Fresh Orange(22) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>17 692:412:144</b></p> <p><b>Honey Cherrios Bowl (22)</b></p> <p>Giant Cinnamon Goldfish(19) Fresh Banana(62) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>18</b></p>
<p><b>21 548:330:103</b></p> <p><b>Trix Cereal Bar (29)</b></p> <p>Giant Vanilla Goldfish (19) Fresh Gala Apple(29) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>22 534:465:109</b></p> <p><b>Golden Grahams(24)</b></p> <p>WG Animal Crackers(22) Fresh Orange(22) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>23 530:450:92</b></p> <p><b>WG Bagel w/Cream cheese(30)</b></p> <p>Diced Peach Cup (21) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>24 802:407:159</b></p> <p><b>Lucky Charm Cer Bar (52)</b></p> <p>Giant Cinnamon Goldfish(19) Fresh Banana(62) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>25</b></p>
<p><b>28 548:375:110</b></p> <p><b>Cheerios Bowl(21)</b></p> <p>Giant Vanilla Goldfish (19) Fresh Gala Apple(29) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>29 584:350:115</b></p> <p><b>Cocoa Puff Cereal Bar (30)</b></p> <p>WG Animal Crackers(22) Fresh Orange(22) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>30 385:315:76</b></p> <p><b>WG Frosted Fudge Poptart (36)</b></p> <p>Diced Pear Cup (14) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>31 622:482:131</b></p> <p><b>Rice Chex Cereal(24)</b></p> <p>Giant Cinnamon Goldfish(19) Fresh Banana(62) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>645:633:103</b></p>



Thought for Thought



Tips & Information

Halloween Fun Facts:

- 1) The holiday has been around for about 6000 years and it is believed to have originated around 4000 B.C. in Ireland.
- 2) Americans spend about \$6.9 billion on Halloween – most of it for candy, costumes and parties
- 3) Pumpkins are a fruit, not a vegetable
- 4) Candy corn was originally named "chicken feed"

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:567 AvgSod(mg):427 AvgCarbs(g):107

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



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

Happy Halloween!

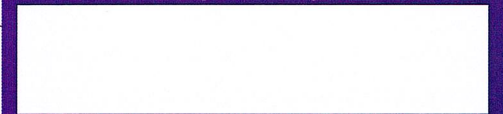
# Summit Academy High Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>645:633:103</p> <p><b>Breaded Chicken Parm Sandwich on WG Bun(41)</b> Tossed Salad with Ranch(2) Diced Peaches(28) 1% White or 1% Chocolate Milk(24)</p> <p><b>7 791:1196:95</b></p>	<p><b>Italian Meatball Sub on WG Bun(35)</b> Maple Carrot Coins(15) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p><b>1 645:633:103</b></p>	<p><b>Walking Taco w/ WG Corn Chips(22)</b> Texas Ranchero Pinto Beans (14) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)</p> <p><b>2 743:979:123</b></p>	<p><b>WG Pizza Slice (31)</b> Romaine w/ Dressing(4) Fresh Orange(22) 1% White or 1% Chocolate Milk(24)</p> <p><b>3 478:786:81</b></p>	<p><b>4 No School</b></p>
<p><b>7 791:1196:95</b></p> <p><b>Breaded Chicken Parm Sandwich on WG Bun(41)</b> Tossed Salad with Ranch(2) Diced Peaches(28) 1% White or 1% Chocolate Milk(24)</p> <p><b>7 791:1196:95</b></p>	<p><b>Popcorn Chicken w/ Dinner Roll(33)</b> Baked Beans(44) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p><b>8 811:1427:130</b></p>	<p><b>Chicken in Gravy w/ Biscuit(29)</b> Fresh Steamed Broccoli Florets Fresh Banana(62) 1% White or 1% Chocolate Milk(24)</p> <p><b>9 742:720:116</b></p>	<p><b>WG Pizza Slice (31)</b> 100% Mango Splash Juice Box (17) Fresh Orange(22) 1% White or 1% Chocolate Milk(24)</p> <p><b>10 487:708:94</b></p>	<p><b>11 No School</b></p>
<p><b>14 975:1962:145</b></p> <p><b>Crispy Chicken Sandwich w/ Bacon on WG Bun (39)</b> Baked Beans(44) Pineapple Tidbits(38) 1% White or 1% Chocolate Milk(24)</p> <p><b>14 975:1962:145</b></p>	<p><b>Chicken Strips &amp; Waffle(84)</b> Maple Carrot Coins(15) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p><b>15 941:854:152</b></p>	<p><b>Cheesy Taco Penne(24)</b> Tossed Salad with Ranch(2) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)</p> <p><b>16 698:563:112</b></p>	<p><b>WG Pizza Slice (31)</b> Fresh Broccoli &amp; Ranch Dressing(2) Fresh Orange(22) 1% White or 1% Chocolate Milk(24)</p> <p><b>17 511:902:80</b></p>	<p><b>18 No School</b></p>
<p><b>21 663:634:102</b></p> <p><b>Crispy Chicken Sandwich on WG Bun (35)</b> Maple Carrot Coins(15) Diced Peaches(28) 1% White or 1% Chocolate Milk(24)</p> <p><b>21 663:634:102</b></p>	<p><b>Sloppy Joe Sliders (36)</b> Seasoned Corn(23) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p><b>22 657:717:112</b></p>	<p><b>Chicken Fajita with Tortilla(34)</b> Texas Ranchero Pinto Beans (14) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)</p> <p><b>23 801:895:134</b></p>	<p><b>WG Pizza Slice (31)</b> Fresh Broccoli &amp; Ranch Dressing(2) Fresh Orange(22) 1% White or 1% Chocolate Milk(24)</p> <p><b>24 511:902:80</b></p>	<p><b>25 No School</b></p>
<p><b>28 622:614:97</b></p> <p><b>Cheeseburger Meatloaf on WW Bun (34)</b> Fresh Steamed Broccoli Florets Pineapple Tidbits(38) 1% White or 1% Chocolate Milk(24)</p> <p><b>28 622:614:97</b></p>	<p><b>Chicken &amp; Bean Burrito with WW Tortilla (27)</b> Texas Ranchero Pinto Beans (14) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p><b>29 573:808:94</b></p>	<p><b>Texas Chili w/ Dinner Roll(43)</b> Potato Wedges(30) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)</p> <p><b>30 919:1506:159</b></p>	<p><b>WG Pizza Slice (31)</b> Baby Carrots w/Ranch (13) Fresh Orange(22) 1% White or 1% Chocolate Milk(24)</p> <p><b>31 514:890:90</b></p> <p><b>Happy Halloween!</b></p>	<p><b>645:633:103</b></p>



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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:680 AvgSod(mg):879 AvgCarbs(g):109

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



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