



Monday		Tuesday		Wednesday		Thursday		Friday	
4	<b>Cocoa Puffs Cereal(25)</b> Giant Vanilla Goldfish (19) Diced Peach Cup (21) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)	5	No School	6	<b>WG Bagel w/Cream cheese(30)</b> Fresh Gala Apple(29) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)	7	<b>Cinnamon Chex Cereal(23)</b> Giant Cinnamon Goldfish(19) Mixed Berry Applesauce Cup(13) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	8	
	<b>Blueberry Nutri-grain Bar (30)</b> Giant Vanilla Goldfish (19) Pineapple Tibits Cup (15) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)		<b>Froot Loops Cereal(24)</b> WG Animal Crackers(22) Mandarin Orange Cup (13) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)		<b>WG Frosted Fudge Poptart (36)</b> Fresh Gala Apple(29) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)		<b>Strawberry Cheerio Bar (30)</b> Giant Cinnamon Goldfish(19) Craisins(27) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)		
11	<b>Veterans Day!</b> 566:391:105	12	433:405:85	13	438:315:91	14	540:315:102	15	
	<b>Cinnamon Toast Crunch Cereal(22)</b> Giant Vanilla Goldfish (19) Fresh Orange(22) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)		<b>Apple Cinnamon Nutri-grain Bar(30)</b> WG Animal Crackers(22) Diced Peach Cup (21) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)		<b>WG Bagel w/Cream cheese(30)</b> Fresh Gala Apple(29) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)		<b>Cinnamon Chex Cereal(23)</b> Giant Cinnamon Goldfish(19) Cinnamon Applesauce Cup(14) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)		
18	484:390:89	19	570:395:114	20	558:450:100	21	450:400:82	22	
	<b>Trix Cereal Bowl(24)</b> Giant Vanilla Goldfish (19) Pineapple Tibits Cup (15) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)		<b>Cinnamon Toast Crunch Cereal Bar(30)</b> WG Animal Crackers(22) Mixed Fruit Cup (11) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)		<b>Happy Thanksgiving!</b> 26 488:360:89		<b>No School</b> 28	<b>No School</b> 29	
25	526:381:99	26	488:360:89	27	No School	28	No School	29	



Thought for Thought

Tips & Information

Abraham Lincoln declared Thanksgiving a national holiday on October 3, 1863. Sarah Josepha Hale, the woman who wrote "Mary Had A Little Lamb," convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.

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

10/15/2024 7:21:16 PM  
Nutrition Key -> Cals:Sodium(mg);Carbs(g) - Item Carbs(g) In ( )  
AvgCals:502 AvgSod(mg):389 AvgCarbs(g):94

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



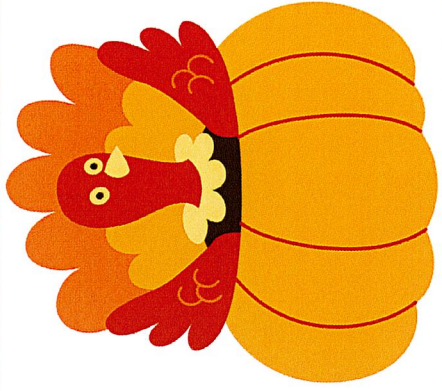
\*\*Menu Subject to Change\*\*

November, 2024

# Summit Academy High Lunch Menu

November, 2024

Monday		Tuesday		Wednesday		Thursday		Friday		
4	<b>Turkey Kielbasa on WW Bun(30)</b> Potato Wedges(30) Mandarin Orange(40) 1% White or 1% Chocolate Milk(24)	5	<b>Meatballs &amp; Gravy with WW Dinner</b> Mashed Potato(32) Fresh Orange(22) 1% White or 1% Chocolate Milk(24)	6	<b>Beef &amp; Cheese Nachos w/ WG Corn</b> Fiesta Taco Black Beans (21) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)	7	<b>WG Pizza Slice (5)</b> 100% Mango Splash Juice Box (17) Fresh Orange(22) 1% White or 1% Chocolate Milk(24)	8		
11	<b>Veterans Day!</b> 750:1061:100	12	<b>Chicken in Gravy w/ Biscuit(29)</b> Mashed Potato(32) Fresh Orange(22) 1% White or 1% Chocolate Milk(24)	13	<b>Popcorn Chicken w/ Dinner Roll(33)</b> Maple Carrot Coins(15) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)	14	<b>WG Pizza Slice (5)</b> Romaine w/ Dressing(4) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)	15		
18	<b>Breaded Chicken Parm Sandwich on</b> Maple Carrot Coins(15) Diced Peaches(28) 1% White or 1% Chocolate Milk(24)	19	<b>Walking Taco w/ WG Corn Chips(22)</b> Texas Ranchero Pinto Beans (15) Fruit mix(37) 1% White or 1% Chocolate Milk(24)	20	<b>Baked Mostaccioli w/ Dinner Roll(47)</b> Romaine w/ Dressing(4) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)	21	<b>WG Pizza Slice (5)</b> Baby Carrots w/Ranch (13) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)	22		
25	753:1059:108	26	<b>Happy Thanksgiving!</b> 669:996:98	27		28		29		



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### Tips & Information

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10/15/2024 8:32:26 PM  
Nutrition Key -> Cals:Sodium(mg);Carbs(g) - Item Carbs(g) in ( )  
AvgCals:672 AvgSod(mg):857 AvgCarbs(g):105

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



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