

# Summit Academy High School Breakfast



Monday		Tuesday		Wednesday		Thursday		Friday	
<b>2</b>	<b>Cocoa Puff Cereal Bar (30)</b> Giant Vanilla Goldfish (19) Cinnamon Applesauce Cup(14) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)	<b>3</b>	<b>Cinnamon Toast Crunch Cereal(22)</b> WG Animal Crackers(22) Fresh Orange(22) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)	<b>4</b>	<b>WG Bagel w/Cream cheese(30)</b> Diced Peach Cup (21) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)	<b>5</b>	<b>Lucky Charm Cer Bar (52)</b> Giant Cinnamon Goldfish(19) Fresh Banana(62) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	<b>6</b>	
<b>9</b>	<b>Cheerios Bowl(21)</b> Giant Vanilla Goldfish (19) Fresh Gala Apple(29) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)	<b>10</b>	<b>Trix Cereal Bar (29)</b> WG Animal Crackers(22) Fresh Orange(22) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)	<b>11</b>	<b>WG Frosted Fudge Poptart (36)</b> Diced Pear Cup (14) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	<b>12</b>	<b>Rice Chex Cereal(24)</b> Giant Cinnamon Goldfish(19) Fresh Banana(62) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)	<b>13</b>	
<b>16</b>	<b>Cocoa Puffs Cereal(25)</b> Giant Vanilla Goldfish (19) Fresh Gala Apple(29) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)	<b>17</b>	<b>Strawberry Nutri-grain Bar (30)</b> WG Animal Crackers(22) Fresh Orange(22) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)	<b>18</b>	<b>WG Bagel w/Cream cheese(30)</b> Diced Pear Cup (14) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)	<b>19</b>	<b>Apple Cinnamon Cheerios(22)</b> Giant Cinnamon Goldfish(19) Fresh Banana(62) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	<b>20</b>	
<b>23</b>		<b>24</b>	<b>Happy New Years Eve!</b>	<b>25</b>	<b>Happy Holidays!</b>	<b>26</b>		<b>27</b>	
<b>30</b>		<b>31</b>							



Thought for Thought

**Tips & Information**

Snowboarding has a rich history that dates back to the 1960s when surfers in California began experimenting with riding on snow. The sport gained popularity in the 1980s when the first snowboard competition took place.

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:559 AvgSod(mg);391 AvgCarbs(g):108

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

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



# Summit Academy High Lunch Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>2</b>	<b>Classic Cheeseburger on WW Bun(31)</b> Baked Beans(44) Diced Peas(33) 1% White or 1% Chocolate Milk(24)	<b>3</b>	<b>Chicken Strips &amp; Waffle(84)</b> Maple Carrot Coins(15) Pineapple Tidbits(38) 1% White or 1% Chocolate Milk(24)	<b>4</b>	<b>Cheesy Taco Penne(24)</b> Tossed Salad with Ranch(2) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)	<b>5</b>	<b>WG Pizza Slice (5)</b> Fresh Broccoli & Ranch Dressing(2) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)	<b>6</b>	
<b>9</b>	<b>Crispy Chicken Sandwich on WG Bun</b> Maple Carrot Coins(15) Fruit mix(37) 1% White or 1% Chocolate Milk(24)	<b>10</b>	<b>Beef Sloppy Joe on WG Bun(36)</b> Seasoned Corn(23) Diced Peaches(28) 1% White or 1% Chocolate Milk(24)	<b>11</b>	<b>Chicken Fajita with Tortilla(34)</b> Texas Ranchero Pinto Beans (20) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)	<b>12</b>	<b>WG Pizza Slice (5)</b> Fresh Broccoli & Ranch Dressing(2) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)	<b>13</b>	
<b>16</b>	<b>Cheeseburger Meatloaf on WW Bun (34)</b> Fresh Steamed Broccoli Florets Diced Peas(33) 1% White or 1% Chocolate Milk(24)	<b>17</b>	<b>Chicken &amp; Bean Burrito with WW Tortilla (27)</b> Texas Ranchero Pinto Beans (20) Pineapple Tidbits(38) 1% White or 1% Chocolate Milk(24)	<b>18</b>	<b>Texas Chili w/ Dinner Roll(43)</b> Potato Wedges(30) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)	<b>19</b>	<b>WG Pizza Slice (5)</b> Baby Carrots w/Ranch (13) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)	<b>20</b>	<b>Asian Chicken w/ Brown Rice(41)</b> Stir Fry Vegetables (6) 1% White or 1% Chocolate Milk(24)
<b>23</b>		<b>24</b>		<b>25</b>	<b>Happy Holidays!</b>	<b>26</b>		<b>27</b>	
<b>30</b>		<b>31</b>	<b>Happy New Years Eve!</b>						



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Nutrition Key -> Cals:Sodium(mg);Carbs(g) - Item Carbs(g) in ( )  
AvgCals:675 AvgSod(mg):775 AvgCarbs(g):109

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



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