

# Summit Academy High School Breakfast



Monday		Tuesday		Wednesday		Thursday		Friday					
6	490:375:95	<b>Cheerios Bowl(21)</b> Giant Vanilla Goldfish (19) Cinnamon Applesauce Cup(14) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)	7	584:350:115	<b>Cocoa Puff Cereal Bar (30)</b> WG Animal Crackers(22) (22) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)	8	385:315:76	<b>WG Frosted Fudge Poptart (36)</b> Diced Pear Cup (14) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	9	622:482:131	<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)	10	
		<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>Strawberry Nutri-grain Bar (30)</b> WG Animal Crackers(22) (22) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)		<b>WG Bagel w/Cream cheese(29)</b> Diced Pear Cup (14) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)		<b>WG Bagel w/Cream cheese(29)</b> Diced Pear Cup (14) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)		<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)			
13	558:395:114		14	574:395:115		15	445:420:69		16	632:352:129		17	
		<b>MLK Day</b>		<b>Froot Loops Cereal(24)</b> WG Animal Crackers(22) (22) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)		<b>WG Frosted Fudge Poptart (36)</b> Mixed Fruit Cup (11) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)		<b>WG Frosted Fudge Poptart (36)</b> Mixed Fruit Cup (11) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)		<b>Strawberry Cheerio Bar (30)</b> Giant Cinnamon Goldfish(19) Fresh Banana(62) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)			
20			21	464:405:94		22	378:315:73		23	672:317:137		24	
		<b>Cinnamon Toast Crunch Cereal(22)</b> Giant Vanilla Goldfish (19) Fresh Gala Apple(29) 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) (22) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)		<b>WG Bagel w/Cream cheese(29)</b> Pineapple Tibits Cup (15) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)		<b>WG Bagel w/Cream cheese(29)</b> Pineapple Tibits Cup (15) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)		<b>Cinnamon Chex Cereal(23)</b> Giant Cinnamon Goldfish(19) Fresh Banana(62) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)			
27	508:390:96		28	574:395:115		29	526:436:85		30	642:402:130		31	

Thought for Thought

Tips & Information

It's a well-documented fact that very first snowman was made in Eau Claire, Wisconsin on January 7, 1809 by Vernon Paul and his 9 year old daughter, Yetty Paul. According to Mr. Paul, he told his daughter that the snowman was intended to frighten away the Boxing Day elves (popular legend said Boxing Day elves reclaimed Christmas presents). Once the Paul family's neighbors saw the snowman, and Yetty explained to her friends how easy it was to make, children all over the town were making snowmen.

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

12/9/2024 6:13:14 AM  
Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:536 AvgSod(mg):382 AvgCarbs(g):104

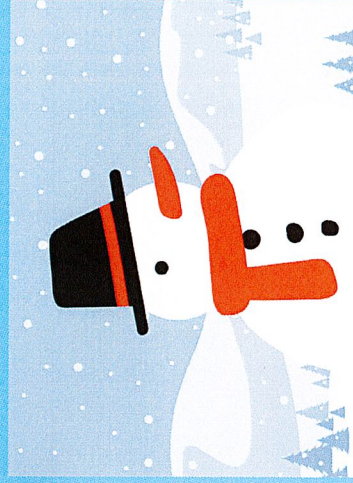
\*or,\* = An alternative selection to choose. \*WG\*=Whole Grain  
1% White & 1%Chocolate Milk available daily.

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





# Summit Academy High Lunch Menu



Monday		Tuesday		Wednesday		Thursday		Friday	
<b>6</b>	596:625:91	<b>7</b>	650:939:109	<b>8</b>	785:1504:126	<b>9</b>	826:947:132	<b>10</b>	
<b>Cheeseburger Meatloaf on WW Bun (34)</b> Fresh Steamed Broccoli Florets Diced Pears(33) 1% White or 1% Chocolate Milk(24)		<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>Texas Chili w/ Dinner Roll(43)</b> Potato Wedges(30) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)		<b>WG Pizza Slice (33)</b> Baby Carrots w/Ranch (13) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)			
<b>13</b>	727:1874:112	<b>14</b>	564:820:68	<b>15</b>	820:1133:114	<b>16</b>	799:765:136	<b>17</b>	
<b>Turkey Kielbasa on WW Bun(30)</b> Potato Wedges(30) Diced Peaches(28) 1% White or 1% Chocolate Milk(24)		<b>Breaded Chicken Drumstick w/Dinner</b> Seasoned Greens(5) Applesauce(14) 1% White or 1% Chocolate Milk(24)		<b>Beef &amp; Cheese Nachos w/ WG Corn Chips(39)</b> Fiesta Taco Black Beans (21) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)		<b>WG Pizza Slice (33)</b> 100% Mango Splash Juice Box (17) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)			
<b>20</b>	MLK Day	<b>21</b>	774:1321:122	<b>22</b>	617:714:94	<b>23</b>	784:840:122	<b>24</b>	
<b>Italian Meatball Sub on WG Bun(36)</b> Savory Carrots Coins(6) Mandarin Orange(40) 1% White or 1% Chocolate Milk(24)		<b>Meatballs &amp; Gravy with WW Dinner Roll(36)</b> Mashed Potato(33) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)		<b>Popcorn Chicken w/ Dinner Roll(33)</b> Maple Carrot Coins(15) (22) 1% White or 1% Chocolate Milk(24)		<b>WG Pizza Slice (33)</b> Romaine w/ Dressing(3) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)			
<b>27</b>	695:619:106	<b>28</b>	890:1418:128	<b>29</b>	663:490:103	<b>30</b>	799:765:136	<b>31</b>	
		<b>Crispy Chicken Sandwich w/ Bacon on WG Bun (39)</b> Seasoned Roasted Potatoes (32) Diced Pears(33) 1% White or 1% Chocolate Milk(24)		<b>Baked Mostaccioli w/ Dinner Roll(47)</b> Romaine w/ Dressing(3) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)		<b>WG Pizza Slice (33)</b> 100% Mango Splash Juice Box (17) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)			

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12/9/2024 6:12:49 AM  
Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:732 AvgSod(mg):984 AvgCarbs(g):113

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



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