

February,

# Summit Academy High School Breakfast

February,



Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Frosted Flakes(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>3 493:460:97</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>4 548:360:107</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>5 414:295:84</p>	<p><b>Honey Cheerios 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>6 692:412:144</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>10 548:365:103</p>	<p><b>Golden Grahams(24)</b></p> <p>WG Animal Crackers(22) Mixed Berry Applesauce Cup(13) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)</p> <p>11 500:480:100</p>	<p><b>WG Bagel w/Cream cheese(29)</b></p> <p>Diced Peach Cup (21) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)</p> <p>12 540:430:91</p>	<p><b>Blueberry Nutri-grain Bar (30)</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>13 672:387:137</p>	<p>7 550:910:96</p> <p>14 <i>Valentine's Day</i></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>19 385:315:76</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>20 622:482:131</p>	
<p><b>Cocoa Puffs Cereal(25)</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>24 558:430:114</p>	<p><b>Strawberry Nutri-grain Bar (30)</b></p> <p>WG Animal Crackers(22) Applesauce Cup(14) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)</p> <p>25 540:395:107</p>	<p><b>WG Bagel w/Cream cheese(29)</b></p> <p>Diced Pear Cup (14) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>26 455:420:69</p>	<p><b>Apple Cinnamon Cheerios(22)</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>27 590:395:104</p>	<p>17</p> <p>18</p> <p>21</p> <p>28</p>

Happy Valentine's Day

Thought for Thought



Tips & Information

Since its inception, Black History Month has expanded beyond its initial acceptance in educational establishments. Carter Woodson's organization, now known as the Association for the Study of African American Life and History (ASALH), designates a theme each year. This year, February will be a celebration of Black History Month with the theme "African Americans and the Arts." The ASALH shares, "African American art is infused with African, Caribbean, and the Black American lived experiences.

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:543 AvgSod(mg):571 AvgCarbs(g):101

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



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

February, 2025

# Summit Academy High Lunch Menu

February, 2025



Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Breaded Chicken Parm Sandwich on WG Bun(41)</b> Maple Carrot Coins(15) Fruit mix(37) 1% White or 1% Chocolate Milk(24)</p> <p>3 800:1050:118</p>	<p><b>Classic Cheeseburger on WW Bun(31)</b> Baked Beans(44) Diced Peaches(28) 1% White or 1% Chocolate Milk(24)</p> <p>4 858:1627:127</p>	<p><b>Chicken in Gravy w/ Biscuit(29)</b> Mashed Potato(33) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)</p> <p>5 917:1241:148</p>	<p><b>WG Pizza Slice (33)</b> Tossed Salad with Ranch(2) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p>6 686:954:88</p>	
<p><b>Breaded Chicken Patty on WW Bun(43)</b> Maple Carrot Coins(15) Diced Pears(33) 1% White or 1% Chocolate Milk(24)</p> <p>10 725:1015:115</p>	<p><b>Cheesy Taco Penne(24)</b> Tossed Salad with Ranch(2) Pineapple Tidbits(38) 1% White or 1% Chocolate Milk(24)</p> <p>11 614:561:88</p>	<p><b>Walking Taco w/ WG Corn Chips(22)</b> Texas Ranchero Pinto Beans (20) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p>12 636:1108:95</p>	<p><b>WG Pizza Slice (33)</b> Fresh Broccoli &amp; Ranch Dressing(2) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)</p> <p>13 823:959:121</p>	<p>7 550:910:96</p> <p>14 <i>Valentine's Day</i></p>
<p>17</p>	<p>18</p>	<p><b>Chicken Fajita with Tortilla(34)</b> Texas Ranchero Pinto Beans (20) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)</p> <p>19 841:1057:140</p>	<p><b>WG Pizza Slice (33)</b> Fresh Broccoli &amp; Ranch Dressing(2) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p>20 689:957:88</p>	<p><b>Cheeseburger Mac w/Dinner Roll(39)</b> Seasoned Green Beans(7) 1% White or 1% Chocolate Milk(24)</p> <p>21 670:983:93</p>
<p><b>Cheeseburger Meatloaf on WW Bun (34)</b> Steamed Broccoli(5) Diced Pears(33) 1% White or 1% Chocolate Milk(24)</p> <p>24 621:645:96</p>	<p><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)</p> <p>25 687:1004:109</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>26 919:1506:159</p>	<p><b>WG Pizza Slice (33)</b> Baby Carrots w/Ranch (13) Mandarin Orange(40) 1% White or 1% Chocolate Milk(24)</p> <p>27 550:910:96</p>	<p>28</p>

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:676 AvgSod(mg):997 AvgCarbs(g):106

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



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