

November, 2024 Summit Academy Middle School Breakfast November, 2024



Monday	Tuesday	Wednesday	Thursday	Friday
Cocoa Puffs Cereal(25) Giant Vanilla Goldfish (19) Diced Peach Cup (21) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11)	Froot Loops Cereal(24) WG Animal Crackers(22) Mandarin Orange Cup (13) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)	WG Bagel w/Cream cheese(30) Fresh Gala Apple(29) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)	Cinnamon Chex Cereal(23) Giant Cinnamon Goldfish(19) Mixed Berry Applesauce Cup(13) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	
Blueberry Nutri-grain Bar (30) Giant Vanilla Goldfish (19) Pineapple Tibits Cup (15) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11)	Apple Cinnamon Nutri-grain Bar(30) WG Animal Crackers(22) Diced Peach Cup (21) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11)	WG Frosted Fudge Poptart (36) Fresh Gala Apple(29) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	Strawberry Cheerio Bar (30) Giant Cinnamon Goldfish(19) Craisins(27) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)	
Veterans Day! 506:386:90				
Cinnamon Toast Crunch Cereal(22) Giant Vanilla Goldfish (19) Fresh Orange(11) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	Happy Thanksgiving! 488:360:89	WG Bagel w/Cream cheese(30) Fresh Gala Apple(29) 100% Apple Juices(15) 1% White Milk or 1% Chocolate Milk(11)	Cinnamon Chex Cereal(23) Giant Cinnamon Goldfish(19) Cinnamon Applesauce Cup(14) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)	
Trix Cereal Bowl(24) Giant Vanilla Goldfish (19) Pineapple Tibits Cup (15) 100% Apple Juice(15) 1% White Milk or 1% Chocolate Milk(11)				



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 prior civil rights activity

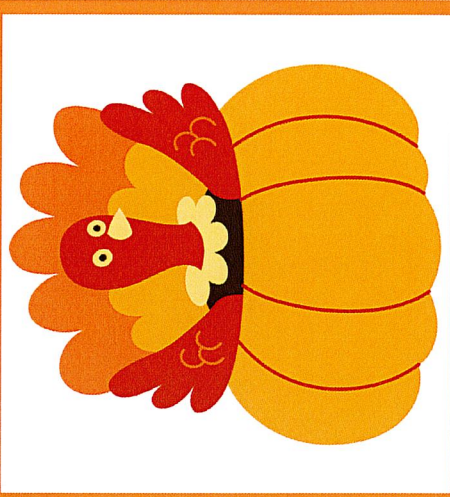
10/15/2024 7:22:23 PM
 Nutrition Key -> Cals:Sodium(mg);Carbs(g) - Item Carbs(g) in ()
 AvgCals:476 AvgSod(mg):387 AvgCarbs(g):87



Menu Subject to Change



Monday		Tuesday		Wednesday		Thursday		Friday	
4	Turkey Kielbasa on WW Bun(30) Potato Wedges(30) Mandarin Orange(20) 1% White or 1% Chocolate Milk(24)	5	No School	6	Beef & Cheese Nachos w/ WG Corn Fiesta Taco Black Beans (21) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)	7	WG Pizza Slice (5) Baby Carrots w/Ranch (10) Fresh Orange(11) 1% White or 1% Chocolate Milk(24)	8	
11	Flame-Grilled Chicken Burger w/ Cheese on Seasoned Green Beans(5) Fruit mix(19) 1% White or 1% Chocolate Milk(24)	12	Meatballs & Gravy with WW Dinner Mashed Potato(32) Fresh Orange(11) 1% White or 1% Chocolate Milk(24)	13	Popcorn Chicken w/ Dinner Roll(33) Maple Carrot Coins(13) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)	14	WG Pizza Slice (5) Romaine w/ Dressing(4) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)	15	
18	Italian Meatball Sub on WG Bun(35) Seasoned Green Beans(5) Diced Pears(16) 1% White or 1% Chocolate Milk(24)	19	Chicken in Gravy w/ Biscuit(29) Mashed Potato(32) Fresh Orange(11) 1% White or 1% Chocolate Milk(24)	20	Baked Mostaccioli w/ Dinner Roll(47) Romaine w/ Dressing(4) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)	21	WG Pizza Slice (5) Baby Carrots w/Ranch (10) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)	22	
25	Breaded Chicken Parm Sandwich on Maple Carrot Coins(13) Diced Peaches(14) 1% White or 1% Chocolate Milk(24)	26	Walking Taco w/ WG Corn Chips(22) Texas Ranchero Pinto Beans (15) Fruit mix(19) 1% White or 1% Chocolate Milk(24)	27	No School	28	No School	29	



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Nutrition Key -> Cals:Sodium(mg);Carbs(g) - Item Carbs(g) in ()
AvgCals:597 AvgSod(mg):851 AvgCarbs(g):86

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

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

