

March, 2020

Summit Academy Flat Rock Breakfast

March, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Frosted Flakes Vanilla Wafers Fruit Cup 100% Juice (72)1% White or FF Chocolate Milk(14)	Breakfast Nutrition Bar 100% Juice Fruit Cup (55)1% White or FF Chocolate Milk(14)	Granola Packet Fresh Apple (56)Dannon Nonfat Creamy Yogurt (14) 1% White or FF Chocolate Milk(14)	WG Blueberry Muffin Animal Grahams Fresh Orange 100% Juice (84)1% White or FF Chocolate Milk(14)	WG Apple Roll 100% Juice Fresh Banana (73)1% White or FF Chocolate Milk(14)
2 482:390:86 Trix Cereal Animal Grahams Craisins 100% Juice(87)1% White or FF Chocolate Milk(14)	3 432:250:69 Cocoa Krispie Cereal Bar Vanilla Wafers 100% Juice Fruit Cup (61)1% White or FF Chocolate Milk(14)	4 494:255:84 WG Bagel with Cream Cheese Fresh Apple (49)1% White or FF Chocolate Milk(14)	5 562:345:98 Smore Nutrition Bar Fresh Orange 100% Juice (76)1% White or FF Chocolate Milk(14)	6 461:375:87 WG Goody Bun 100 % Juice Fresh Banana (72)1% White or FF Chocolate Milk(14)
9 512:400:101 Golden Grahams Cereal Animal Grahams Fruit Cup 100% Juice (59)1% White or FF Chocolate Milk(14)	10 462:370:75 Breakfast Nutrition Bar Fruit Cup 100% Juice (66)1% White or FF Chocolate Milk(14)	11 504:500:63 WG Bagel with Cream Cheese Fresh Apple (49)1% White or FF Chocolate Milk(14)	12 502:225:90 WG Banana Muffin Mini Vanilla Wafers 100% Juice Fresh Orange (84)1% White or FF Chocolate Milk(14)	13 501:395:86 WG Breakfast Ring 100% Juice Fresh Banana (67)1% White or FF Chocolate Milk(14)
16 402:480:73 Cocoa Puffs Cereal Bar Animal Grahams Fruit Cup 100% Juice (65)1% White or FF Chocolate Milk(14)	17 462:230:80 St. Patrick's Day Butterscotch Oatmeal Bar Goldfish Grahams Fruit Cup 100% Juice (60)1% White or FF Chocolate Milk(14)	18 504:500:63 Granola Packet Fresh Apple (56)Dannon Nonfat Creamy Yogurt (14) 1% White or FF Chocolate Milk(14)	19 592:340:98 Double Chocolate Muffin Animal Grahams Fresh Orange 100% Juice(81)1% White or FF Chocolate Milk(14)	20 491:405:81 Cinnabar Fresh Banana 100% Juice (83)1% White or FF Chocolate Milk(14)
23 442:360:79 Cinnamon Toast Crunch Cereal Animal Grahams Fruit Cup 100 % Juice (57)1% White or FF Chocolate Milk(14)	24 452:360:74 Mixed Berry Rice Krispie Cereal Bar Vanilla Wafers Fruit Cup 100% Juice(61)1% White or FF Chocolate Milk(14)	25 494:255:84	26 552:365:95	27 541:405:97
30 402:420:71	31 452:335:75			



Thought for Thought

A dreamer is one who can only find his way by moonlight, and his punishment is that he sees the dawn before the rest of the world. - Oscar Wilde

Tips & Information

Established in 1989, the National School Breakfast week was created to remind and encourage all students to eat a nutritious breakfast. Research has shown eating breakfast in the morning provides the fuel children need to perform all day. Look to fresh fruits, vegetables, nuts, yogurt or toast for a quick and delicious meal.

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:486 AvgSod(mg):361 AvgCarbs(g):82

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



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

March, 2020

Summit Flat Rock Lunch

March, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger Meatloaf on WW Bun (32) or: Breaded Chicken Patty on WW Bun(40) Diced Potatoes(20) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Texas Style Chicken Drumstick w/ WW or: Beef Sloppy Joe on WW Bun(34) Baked Beans(32) Fresh Apple(19) 1% White or FF Flavored Milk(19)		Packaged Pepperoni Pizza Square(31) or: Cheezy Breadsticks(31) Baby Carrots w/ Ranch (9) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Chicken & Rice Casserole(38) or: Chicken Nuggets w/ Goldfish Crackers(30) Steamed Broccoli(6) Fruit mix(17) 1% White or FF Flavored Milk(19)
2 610:934:85	3 644:1226:92	4 Half Day	5 778:1295:82	6 549:806:80
Italian Meatball Sub on WG Bun(38) or: Breaded Chicken Patty on WW Bun(40) Green Beans(7) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Chicken Fries w/ BBQ Sauce and WG or: Beef Sloppy Joe on WW Bun(34) Sweet Baby Peas(10) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Turkey Chorizo Taco w/ WG Flatbread(30) or: Beef Hot Dog on WW Bun(22) Mexican Pinto Beans(27) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Packaged Pepperoni Pizza Square(31) or: Cheezy Breadsticks(31) Baby Carrots w/ Ranch (9) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Grilled Chicken Salad w/ WW Pita(35) or: Chicken Nuggets w/ Goldfish Crackers(30) Tossed Salad with Ranch(2) Orange Juice(15) 1% White or FF Flavored Milk(19)
9 631:817:79	10 602:691:85	11 670:1287:96	12 778:1295:82	13 707:1122:71
BBQ Meatloaf Sandwich on WW Bun(37) or: Breaded Chicken Patty on WW Bun(40) Seasoned Corn(25) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Classic Cheeseburger on WW Bun(29) or: Beef Hot Dog on WW Bun(22) Baked Beans(32) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Walking Taco w/ WG Corn Chips(21) or: Beef Sloppy Joe on WW Bun(34) Romaine w/ Dressing(1) Pineapple Tidbits(17) 1% White or FF Flavored Milk(19)	Packaged Pepperoni Pizza Square(31) or: Cheezy Breadsticks(31) Baby Carrots w/ Ranch (9) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Asian Chicken w/ Brown Rice and WW Dinner or: Chicken Nuggets w/ Goldfish Crackers(30) Stir Fry Vegetables (9) Fruit mix(17) 1% White or FF Flavored Milk(19)
16 627:836:96	17 St. Patrick's Day 781:1658:100	18 567:889:59	19 778:1295:82	20 604:754:102
Popcorn Chicken w/ WG Crackers(33) or: Beef Hot Dog on WW Bun(22) Baked Beans(32) Diced Pears(14) 1% White or FF Flavored Milk(19)	Chef Salad w/ WW Pita(36) or: Beef Sloppy Joe on WW Bun(34) Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Chicken Soft Taco on WW Tortilla w/ WG or: Chicken Nuggets w/ Goldfish Crackers(30) Romaine w/ Dressing(1) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Packaged Pepperoni Pizza Square(31) or: Cheezy Breadsticks(31) Baby Carrots w/ Ranch (9) Fresh Banana(23) 1% White or FF Flavored Milk(19)	
23 712:1116:98	24 725:1482:80	25 682:927:90	26 778:1295:82	27 Half Day
Baked Mostaccioli w/ WW Dinner Roll(39) or: Beef Hot Dog on WW Bun(22) Romaine w/ Dressing(1) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Cheeseburger Mac w/ WW Dinner Roll(36) or: Chicken Nuggets w/ Goldfish Crackers(30) Baby Carrots w/ Ranch (9) Fresh Apple(19) 1% White or FF Flavored Milk(19)			
30 746:753:74	31 734:1345:83			



Thought for Thought

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Tips & Information

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:685 AvgSod(mg):1091 AvgCarbs(g):84

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 1% White & Fat Free Chocolate Milk available daily.



Menu Subject to Change

March, 2020

Summit Academy Flat Rock Snack

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Monday		Tuesday		Wednesday		Thursday		Friday	
RF Nacho Cheese Doritos (20) 100% Tropical Punch Juice Box(25)		Mighty Tiny Graham Gripz (20) 100% Orange Tangerine Juice Box(25)		WG Harvest Cheddar Sunchips (19) 100% Apple Juice Box(25)		WG Cheez Its(23) 100% Grape Juice Box(25)		Animal Crackers(23) 100% Tropical Punch Juice Box(25)	
2 235:215:45 Cookies and Cream Granola Bar (29) 100% Orange Tangerine Juice Box(25)		3 225:95:45 Quaker Snack Mix (17) 100% Apple Juice Box(25)		4 245:215:44 Gripz Chocolate Chip Grahams(20) 100% Grape Juice Box(25)		5 225:85:48 WG Cheetos Puffs (14) 100% Tropical Punch Juice Box(25)		6 225:85:48 Animal Crackers(23) 100% Orange Tangerine Juice Box(25)	
9 255:150:54 Cinnamon Bug Bites(14) 100% Apple Juice Box(25)		10 215:195:42 WG Garden Salsa Sunchips (18) 100% Grape Juice Box(25)		11 225:95:45 Gripz Chocolate Chip Grahams(20) 100% Tropical Punch Juice Box(25)		12 195:150:39 WG Cheetos Puffs (14) 100% Orange Tangerine Juice Box(25)		13 225:85:48 Animal Crackers(23) 100% Apple Juice Box(25)	
16 205:15:39 WG Pretzels (15) 100% Grape Juice Box(25)		17 St.Patrick's Day 245:165:43 RF Cool Ranch Doritos(20) 100% Tropical Punch Juice Box(25)		18 225:95:45 Chocolate Elf Grahams(20) 100% Orange Tangerine Juice Box(25)		19 195:150:39 Simply Chex Cheddar (20) 100% Apple Juice Box(25)		20 225:85:48 Animal Crackers(23) 100% Grape Juice Box(25)	
23 185:215:40 RF Nacho Cheese Doritos (20) 100% Tropical Punch Juice Box(25)		24 235:165:45 Mighty Tiny Graham Gripz (20) 100% Orange Tangerine Juice Box(25)		25 225:95:45		26 215:150:45		27 225:85:48	
30 235:215:45		31 225:95:45							



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AvgCals:223 AvgSod(mg):131 AvgCarbs(g):44

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