

April, 2024

Summit North Great Start Breakfast

April, 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Blueberry Chex Cereal (23)

Mandarin Oranges (10)
1% White Milk(11)

1

265:310:44

WG Blueberry Muffin(30)

100% Apple Juice(15)
1% White Milk(11)

2

350:260:56

Dannon Nonfat Creamy
Yogurt (12)Diced Peaches (7)
1% White Milk(11)

3

200:195:30

Cinnamon Toast Crunch
Cereal(22)Mandarin Oranges (10)
1% White Milk(11)

4

265:290:43

5

No Program

Honey Cherrios Bowl (22)

Tropical Fruit (7)
1% White Milk(11)

8

240:290:40

WG Banana Muffin(31)

Diced Pears (7)
1% White Milk(11)

9

330:232:49

Dannon Nonfat Creamy
Yogurt (12)Pineapple Tidbits (8)
1% White Milk(11)

10

205:190:31

Rice Chex Cereal(24)

Diced Peaches (7)
1% White Milk(11)

11

230:375:42

12

No Program

Cinnamon Toast Crunch
Cereal(22)Tropical Fruit (7)
1% White Milk(11)

15

250:280:40

WG Blueberry Muffin(30)

100% Apple Juice(15)
1% White Milk(11)

16

350:260:56

Dannon Nonfat Creamy
Yogurt (15)Pineapple Tidbits (8)
1% White Milk(11)

17

215:185:34

Honey Cherrios Bowl (22)

Diced Pears (7)
1% White Milk(11)

18

240:292:40

19

No Program

Rice Chex Cereal(24)

Diced Pears (7)
1% White Milk(11)

22

230:372:42

WG Banana Muffin(31)

100% Orange Tangerine Juice(15)
1% White Milk(11)

23

360:235:57

Dannon Nonfat Creamy
Yogurt (15)Mandarin Oranges (10)
1% White Milk(11)

24

225:195:36

Cheerios Bowl(21)

Pineapple Tidbits (8)
1% White Milk(11)

25

235:260:40

26

No Program

Blueberry Chex Cereal (23)

Mandarin Oranges (10)
1% White Milk(11)

29

265:310:44

WG Blueberry Muffin(30)

100% Apple Juice(15)
1% White Milk(11)

30

350:260:56

267:212:29

267:212:29

267:212:29

Spring
IS IN THE
air

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

Thought for Thought

Tips & Information

Recycling can help to reduce the amount of items going into your garbage each week and will ensure that you're contributing to a sustainable and long-term commitment by many communities across the world to making the most of our resources. By recycling regularly, you show other people that it is possible, a good thing to do and that it makes a difference.

3/18/2024 2:52:55 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()

AvgCals:266 AvgSod(mg):254 AvgCarbs(g):40

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



Menu Subject to Change

April, 2024

Summit North Great Start Lunch

April, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Stir-Fry w/Veg(2) Brown Rice (8) Diced Peaches (7) 1% White Milk(11)	Cheeseburger Mac (Ground Turkey & Cheese) with WG Noodles(25) Seasoned Green Beans (1) Mandarin Oranges (10) 1% White Milk(11)	Cheesy Chicken Breast (1) California Blend Vegetable (Carrots, Broccoli, Cauliflower) Wheat Bread Slice(18) Fresh Orange Smiles(11) 1% White Milk(11)	Beef & Cheese Soft Taco with WG Tortilla(16) Chopped Romaine Salad with Tomato (1) Diced Peas (7) 1% White Milk(11)	
1 267:212:29	2 563:410:48	3 414:575:43	4 355:563:36	5 No Program
	Cheesy Lasagna Rollup(32) Seasoned Steamed Broccoli (2) Diced Peas (7) 1% White Milk(11)	Chicken Meatballs(5) Mashed Potatoes (3) WG Dinner Roll(14) Diced Peaches (7) 1% White Milk(11)	Chicken Fajita (2) Mexican Pinto Beans(17) Whole Wheat Tortilla (15) Diced Melon 1% White Milk(11)	
8	9 395:556:52	10 358:602:40	11 403:718:45	12 No Program
Popcorn Chicken (14) Vegetarian Baked Beans (14) Diced Peaches (7) 1% White Milk(11)	Mostaccioli with Beef and WG Noodles(22) Seasoned Green Beans (1) Fresh Orange Smiles(11) 1% White Milk(11)	Mini Cheese Calzones (26) Chopped Romaine Salad with Tomato (1) Fresh Apple slices(7) 1% White Milk(11)	Half Turkey Sandwich on Wheat Bread (4) Diced Carrots Tropical Fruit (7) 1% White Milk(11)	
15 383:518:46	16 335:321:46	17 392:555:46	18 225:615:22	19 No Program
Alfredo with WG Penne Pasta(10) Seasoned Green Beans (1) Diced Peas (7) 1% White Milk(11)	Diced Turkey and Gravy(3) Mashed Potatoes (3) Wheat Bread Slice(18) Diced Peaches (7) 1% White Milk(11)	WG Mini Corn Dogs(25) Baked Beans(17) Fresh Orange Smiles(11) 1% White Milk(11)	Chicken & Rice Casserole (22) Seasoned Steamed Broccoli (2) Applesauce Cup(14) 1% White Milk(11)	
22 233:502:30	23 317:785:43	24 426:532:64	25 393:419:49	26 No Program
Macaroni & Cheese with WG Noodles(21) Seasoned Steamed Broccoli (2) Diced Peas (7) 1% White Milk(11)	Chicken Tenders w/BBQ sauce(21) Vegetarian Baked Beans (14) Tropical Fruit (7) 1% White Milk(11)			
29 333:784:41	30 490:670:53	267:212:29	267:212:29	267:212:29

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3/18/2024 2:52:32 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:346 AvgSod(mg):472 AvgCarbs(g):39

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Menu Subject to Change

April, 2024

Summit North Great Start Snack

April, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Animal Crackers(22) 1% White Milk(11)	String Cheese(1) Club Crackers(10)	Simply Chex Cheddar (20) Grape Juice Box (15)	Dannon Nonfat Creamy Yogurt (15) Diced Peaches (7)	
1 220:235:33	2 160:340:11	3 170:130:35	4 110:70:22	5 No Program
	WG Cheez Its(14) 100% Apple Juice(15)	Colby Jack Cheese Stick (1) Club Crackers(10)	Baby Carrots w/Ranch (8) Applesauce Cup(14)	
8	9 160:145:29	10 190:300:11	11 125:200:22	12 No Program
WG Cheddar Goldfish(14) Grape Juice Box (15)	String Cheese(1) Club Crackers(10)	WG Pretzels (16) 1% White Milk(11)	Dannon Nonfat Creamy Yogurt (12) Pineapple Tidbits (8)	
15 160:170:29	16 160:340:11	17 180:320:27	18 105:70:20	19 No Program
Graham Crackers(11) 1% White Milk(11)	Colby Jack Cheese Stick (1) Club Crackers(10)	WG Cheez Its(14) Applesauce Cup(14)	WG Cheddar Goldfish(14) 100% Apple Juice(15)	
22 160:190:22	23 190:300:11	24 150:155:28	25 160:175:29	26 No Program
Animal Crackers(22) 1% White Milk(11)	String Cheese(1) Club Crackers(10)			
29 220:235:33	30 160:340:11	267:212:29	267:212:29	267:212:29

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3/18/2024 2:53:14 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:187 AvgSod(mg):217 AvgCarbs(g):24

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Menu Subject to Change