

April, 2024

Summit Academy North Breakfast

April, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Bag Breakfast Golden Grahams Cereal Animal Grahams Craisins 100% Juice (88)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Breakfast ZZ Berry Apple Crisp Bar Pear Cup 100% Juice (70)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Ultimate Breakfast Bar Craisins 100% Juice (86)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Cinnamon Crisp Bar Mandarin Orange Cup 100% Juice (67)1% White Milk or 1% Chocolate Milk(11)	
1 500:460:99	2 465:205:81	3 540:365:97	4 463:205:78	5 No School
Bag Breakfast Cinnamon Toast Crunch Cereal Vanilla Goldfish Craisins 100% Juice (83)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast WG Frosted Strawberry Poptart Pear Cup 100% Juice (65)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast WG Bagel with Cream Cheese Fresh Apple (59)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast WG Banana Muffin Mini Vanilla Goldfish Craisins 100% Juice (92)1% White Milk or 1% Chocolate Milk(11)	
8 510:390:94	9 385:300:76	10 438:440:70	11 590:340:103	12 No School
Bag Breakfast Cocoa Puffs Cereal Bar Animal Grahams Mixed Fruit Cup 100% Juice (78)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast ZZ Blueberry Lemon Bar Craisins 100% Juice (83)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Ultimate Breakfast Bar Craisins 100% Juice (86)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Double ChocolateChipMuffin Vanilla Goldfish Craisins 100% Juice (88)1% White Milk or 1% Chocolate Milk(11)	
15 488:345:89	16 530:200:94	17 540:365:97	18 570:335:99	19 No School
Bag Breakfast Raisin Bran Cereal WG Animal Grahams Craisins 100% Juice (92)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast ZZ Cinnamon Crisp Bar Fruit Cup 100% Juice (75)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast WG Bagel with Cream Cheese Fresh Apple (59)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast WG Frosted Cinnamon Poptart Craisins 100% Juice (78)1% White Milk or 1% Chocolate Milk(11)	
22 500:360:103	23 490:205:86	24 438:440:70	25 440:315:89	26 No School
Bag Breakfast Frosted Flakes Vanilla Godfish Craisins 100% Juice (85)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast ZZ Strawberry Crisp Bar Pear Cup 100% Juice (70)1% White Milk or 1% Chocolate Milk(11)			
29 490:420:96	30 465:200:81	561:657:84	561:657:84	561:657:84

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

Time & 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.

3/15/2024 10:53:58 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:506 AvgSod(mg):398 AvgCarbs(g):87

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



Menu Subject to Change

April, 2024

Summit Academy North Lunch

April, 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Mini Cheese Calzones (44)

Steamed Broccoli (5)
Mixed Fruit Cup (11)
1% White or 1% Chocolate Milk(24)

1 561:657:84

BBQ Beef Meatballs w/Bun (18)

Baked Green Beans (5)
Wheat Hot Dog Bun IW (19)
Mandarin Orange Cup (13)
1% White or 1% Chocolate Milk(24)

2 534:647:79

Chicken Tender w/Dinner Roll (21)

Tater Tots (27)
IW Dinner Roll (27)
100% Juice Orange (15)
1% White or 1% Chocolate Milk(24)

3 861:1067:114

Packaged Pizza Square(28)

Baby Carrots w/Ranch (3)
Fresh Banana(31)
1% White or 1% Chocolate Milk(24)

4 651:842:86

5 No School

Turkey Dog with WW Bun (4)

Baked Beans (47)
Wheat Hot Dog Bun IW (19)
Applesauce Cup(14)
1% White or 1% Chocolate Milk(24)

9 710:867:108

Italian Meatball (9)

Italian Blend Vegetable (7)
Wheat Hot Dog Bun IW (19)
Diced Pear Cup (14)
1% White or 1% Chocolate Milk(24)

10 548:553:74

Packaged Pizza Square(28)

Baby Carrots w/Ranch (3)
Fresh Banana(31)
1% White or 1% Chocolate Milk(24)

11 651:842:86

12 No School

Chicken Nuggets W/ BBQ sauce(18)

Steamed Broccoli (5)
IW Dinner Roll (27)
Mixed Berry Applesauce Cup(13)
1% White or 1% Chocolate Milk(24)

15 606:657:87

All-American Hamburger w/ WW Bun (5)

Baked Beans (47)
Whole Wheat Hamburger Bun (24)
Diced Peach Cup (21)
1% White or 1% Chocolate Milk(24)

16 778:931:121

Chicken Fajita with Tortilla (16)

Marvelous Mixed Veggies (9)
IW Dinner Roll (27)
Mandarin Orange Cup (13)
1% White or 1% Chocolate Milk(24)

17 622:483:89

Packaged Pizza Square(28)

Baby Carrots w/Ranch (3)
Fresh Banana(31)
1% White or 1% Chocolate Milk(24)

18 651:842:86

19 No School

BBQ Meatloaf on WG Bun (12)

Potato Wedges (38)
Fresh Apple(29)
1% White or 1% Chocolate Milk(24)

22 865:1774:129

Spaghetti with Meat Sauce (30)

Steamed Broccoli (5)
IW Dinner Roll (27)
Applesauce Cup(14)
1% White or 1% Chocolate Milk(24)

23 637:493:100

Breaded Chicken Patty on WW Bun (17)

Baked Beans (47)
IW Dinner Roll (27)
Mandarin Orange Cup (13)
1% White or 1% Chocolate Milk(24)

24 863:1117:128

Packaged Pizza Square(28)

Baby Carrots w/Ranch (3)
Fresh Banana(31)
1% White or 1% Chocolate Milk(24)

25 651:842:86

26 No School

Asian Chicken w/ Brown Rice and Mix Veg(7)

Marvelous Mixed Veggies (9)
Mixed Berry Applesauce Cup(13)
1% White or 1% Chocolate Milk(24)

29 382:501:53

Classic Cheeseburger on WW Bun (6)

Baked Beans (47)
Whole Wheat Hamburger Bun (24)
Mandarin Orange Cup (13)
1% White or 1% Chocolate Milk(24)

30 806:1156:114

561:657:84

561:657:84

561:657:84

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Thought for Thought

Tips & Information

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3/15/2024 11:52:21 AM

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

AvgCals:642 AvgSod(mg):788 AvgCarbs(g):92

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1% White & 1%Chocolate Milk
available daily.



Menu Subject to Change

April, 2024

Summit Academy North Snack

April, 2024

Monday

Tuesday

Wednesday

Thursday

Friday

RF Nacho Cheese Doritos
(20)

100% Tropical Punch Juice Box(24)

1 230:225:44

Apple Cinnamon Nutri-grain
Bar(30)

100% Orange Tangerine Juice Box(24)

8 250:175:54

Cinnamon Bug Bites(21)

100% Apple Juice Box(24)

15 220:140:45

WG Pretzels (16)

100% Grape Juice Box(24)

22 180:225:40

RF Nacho Cheese Doritos
(20)

100% Tropical Punch Juice Box(24)

29 230:225:44

WG Cheetos Puffs (13)

100% Orange Tangerine Juice Box(24)

2 190:165:37

RF Cool Ranch Doritos(18)

100% Apple Juice Box(24)

9 250:215:42

WG Garden Salsa Sunchips
(19)

100% Grape Juice Box(24)

16 240:165:43

RF Cool Ranch Doritos(18)

100% Tropical Punch Juice Box(24)

23 250:215:42

WG Cheetos Puffs (13)

100% Orange Tangerine Juice Box(24)

30 190:165:37

WG Harvest Cheddar
Sunchips (19)

100% Apple Juice Box(24)

3 240:225:43

Chat Snack Graham
crackers(21)

100% Grape Juice Box(24)

10 220:130:45

Simply Chex Cheddar (20)

100% Tropical Punch Juice Box(24)

17 210:155:44

Chat Snack Graham
crackers(21)

100% Orange Tangerine Juice Box(24)

24 220:130:45

561:657:84

WG Cheez Its(14)

100% Grape Juice Box(24)

4 200:165:38

WG Cheetos Puffs (13)

100% Tropical Punch Juice Box(24)

11 190:165:37

WG Cheetos Puffs (13)

100% Orange Tangerine Juice Box(24)

18 190:165:37

Simply Chex Cheddar (20)

100% Apple Juice Box(24)

25 210:155:44

561:657:84

561:657:84

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3/15/2024 12:30:30 PM

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

AvgCals:291 AvgSod(mg):282 AvgCarbs(g):51

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1% White & 1%Chocolate Milk
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Menu Subject to Change