

# Summit North Great Start Breakfast

		Dannon Nonfat Creamy Yogurt (12) Diced Peaches (7) 1% White Milk(11)	Cinnamon Chex Cereal(23) Mandarin Oranges (10) 1% White Milk(11)		
447:816:50	447:816:50	1 200:195:30	2 265:300:44	3	No Program
Cheerios Bowl(21) Tropical Fruit (7) 1% White Milk(11)	WG Banana Muffin(31) Diced Pears (7) 1% White Milk(11)	Dannon Nonfat Creamy Yogurt (12) Pineapple Tidbits (8) 1% White Milk(11)	Kix(14) Diced Peaches (7) 1% White Milk(11)		
6 230:260:39	7 330:232:49	8 205:190:31	9 200:225:32	10	No Program
Cinnamon Chex Cereal(23) Tropical Fruit (7) 1% White Milk(11)	WG Blueberry Muffin(30) 100% Apple Juice(15) 1% White Milk(11)	Dannon Nonfat Creamy Yogurt (15) Pineapple Tidbits (8) 1% White Milk(11)	Cheerios Bowl(21) Diced Pears (7) 1% White Milk(11)		
13 250:290:41	14 350:260:56	15 215:185:34	16 230:262:39	17	No Program
Rice Chex Cereal(24) Diced Pears (7) 1% White Milk(11)	WG Banana Muffin(31) 100% Orange Tangerine Juice(15) 1% White Milk(11)	Dannon Nonfat Creamy Yogurt (15) Diced Peaches (7) 1% White Milk(11)	Kix(14) Pineapple Tidbits (8) 1% White Milk(11)		
20 230:372:42	21 360:235:57	22 210:190:33	23 205:220:33	24	No Program
	WG Blueberry Muffin(30) 100% Apple Juice(15) 1% White Milk(11)	Dannon Nonfat Creamy Yogurt (12) Diced Peaches (7) 1% White Milk(11)	Cinnamon Chex Cereal(23) Mandarin Oranges (10) 1% White Milk(11)		
27 <b>Memorial Day!</b>	28 350:260:56	29 200:195:30	30 265:300:44	31	No Program



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Thought for Thought

Tips & Information

4/17/2024 8:07:26 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:289 AvgSod(mg):354 AvgCarbs(g):42


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



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

# Summit North Great Start Lunch

		<b>Cheese Omelette w/Taco Sauce(1)</b> Diced Potatoes(10) WG Biscuit (13) 100% Orange Tangerine Juice(15) 1% White Milk(11)	<b>Deli Turkey and Cheese Wrap with WG Tortilla(3)</b> Baby Carrots w/ Ranch(5) Whole Wheat Tortilla (15) Fresh Apple slices(7) 1% White Milk(11)		
447:816:50	447:816:50	1 447:816:50	2 394:885:41	3	No Program
<b>Chicken Pot Pie w/ Diced Chicken &amp; Mixed</b> WG Biscuit (13) Diced Strawberries(3) 1% White Milk(11)	<b>Chicken &amp; Cheese Wrap (1)</b> California Blend Vegetable (Carrots, Broccoli, Cauliflower) Whole Wheat Tortilla (15) Pineapple Tidbits (8) 1% White Milk(11)	<b>Turkey Burger on WG Bun(30)</b> Vegetarian Baked Beans (14) 1% White Milk(11)	<b>Ground Turkey &amp; Cheese Nachos with WG Tortilla</b> Seasoned Corn (8) Diced Peaches (7) 1% White Milk(11)		
6 341:524:35	7 378:433:37	8 565:1175:62	9 569:399:75	10	No Program
<b>Cheesy Taco Penne (Ground Beef, Cheese,</b> Seasoned Corn (8) Mandarin Oranges (10) 1% White Milk(11)	<b>Beef Meatballs &amp; Gravy (6)</b> Mixed Vegetable (Corn, Green Beans, Peas, Carrots) (6) Brown Rice (24) Fresh Apple slices(7) 1% White Milk(11)	<b>Diced Chicken and Gravy(2)</b> Mashed Potatoes (3) WG Dinner Roll(14) Tropical Fruit (7) 1% White Milk(11)	<b>Mini Cheese Calzones (26)</b> Chopped Romaine Salad with Tomato (1) Applesauce Cup(14) 1% White Milk(11)		
13 367:405:48	14 432:432:54	15 338:534:38	16 412:570:53	17	No Program
<b>Alfredo with WG Penne Pasta(10)</b> Seasoned Green Beans (1) Mandarin Oranges (10) 1% White Milk(11)	<b>WG Mini Corn Dogs(25)</b> Vegetarian Baked Beans (14) Fresh Orange Smiles(11) 1% White Milk(11)	<b>Half Turkey Ham Sandwich on WW Bread</b> Baby Carrots w/ Ranch(5) Pineapple Tidbits (8) 1% White Milk(11)	<b>Sunbutter &amp; Jelly Uncrustable on WG</b> Celery Sticks w/ Ranch(1) Fresh Banana(31) 1% White Milk(11)		
20 248:510:32	21 410:518:61	22 217:566:24	23 656:762:77	24	No Program
27 <b>Memorial Day!</b>	<b>Cheeseburger Mac (Ground Turkey &amp; Seasoned Green Beans (1) Mandarin Oranges (10) 1% White Milk(11)</b>	<b>Cheesy Chicken Breast (1)</b> California Blend Vegetable (Carrots, Broccoli, Cauliflower) Wheat Bread Slice(18) Fresh Orange Smiles(11) 1% White Milk(11)	<b>Beef &amp; Cheese Soft Taco with WG Tortilla(16)</b> Chopped Romaine Salad with Tomato (1) Diced Pears (7) 1% White Milk(11)		
	28 563:410:48	29 414:575:43	30 355:563:36	31	No Program



**CINCO DE MAYO**


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Thought for Thought

Tips & Information

4/17/2024 8:07:03 AM  
 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
 AvgCals:423 AvgSod(mg):635 AvgCarbs(g):48


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

# Summit North Great Start Snack

		Simply Chex Cheddar (20) Grape Juice Box (15)	Dannon Nonfat Creamy Yogurt (15) Diced Peaches (7)		
447:816:50	447:816:50	1 170:130:35	2 110:70:22	3	No Program
Graham Crackers(11) Fresh Apple slices(7)	WG Cheez Its(14) 100% Apple Juice(15)	Colby Jack Cheese Stick (1) Fresh Apple slices(7)	Baby Carrots w/Ranch (8) Applesauce Cup(14)		
6 90:70:18	7 160:145:29	8 140:170:8	9 125:200:22	10	No Program
WG Cheddar Goldfish(14) Grape Juice Box (15)	String Cheese(1) WW Crackers(10)	Cheddar Cheese Slice WG Pretzels (16)	Dannon Nonfat Creamy Yogurt (12) Pineapple Tidbits (8)		
13 160:170:29	14 160:340:11	15 80:200:16	16 105:70:20	17	No Program
Graham Crackers(11) Diced Peaches (7)	Colby Jack Cheese Stick (1) WW Crackers(10)	WG Cheez Its(14) Applesauce Cup(14)	WG Cheddar Goldfish(14) 100% Apple Juice(15)		
20 90:75:18	21 190:300:11	22 150:155:28	23 160:175:29	24	No Program
	String Cheese(1) WW Crackers(10)	Simply Chex Cheddar (20) Grape Juice Box (15)	Dannon Nonfat Creamy Yogurt (15) Diced Peaches (7)		
27 <b>Memorial Day!</b>	28 160:340:11	29 170:130:35	30 110:70:22	31	No Program



## CINCO DE MAYO

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Thought for Thought

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Tips & Information

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4/17/2024 8:07:47 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:196 AvgSod(mg):289 AvgCarbs(g):26

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