


Summit Academy North Breakfast

		Bag Breakfast Ultimate Breakfast Bar Craisins 100% Juice (86)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Trix Cereal Bar Animal Grahams Mandarin Orange Cup 100% Juice (79)1% White Milk or 1% Chocolate Milk(11)	
566:657:86	566:657:86	1 540:365:97	2 493:345:90	3 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 Cinnamon Toast Crunch Cereal Vanilla Goldfish Craisins 100 % Juice (83)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 Blueberry Nutrigrain Bar Vanilla Wafers Pineapple Cup 100% Juice (81)1% White Milk or 1% Chocolate Milk(11)	
6 488:345:89	7 510:390:94	8 438:440:70	9 516:396:92	10 No School
Bag Breakfast Double Chocolate Oatmeal Bar Cinnamon Goldfish Cracker Craisins 100% Juice (85)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Cherio Cereal Bar Animal Grahams Pear Fruit Cup 100% Juice (81)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 Apple Nutrigrain Bar Vanilla Wafers Pineapple Cup 100% Juice (81)1% White Milk or 1% Chocolate Milk(11)	
13 540:345:96	14 485:325:92	15 540:365:97	16 516:396:92	17 No School
Bag Breakfast Golden Grahams Cereal Animal Grahams Craisins 100% Juice (88)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Frosted Flakes Vanilla Godfish Craisins 100% Juice (85)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 Strawberry Nutrigrain Bar Vanilla Wafers Pineapple Cup 100% Juice (81)1% White Milk or 1% Chocolate Milk(11)	
20 500:460:99	21 490:420:96	22 438:440:70	23 516:396:92	24 No School
27 Memorial Day!	Bag Breakfast Trix Cereal Bar Animal Grahams Mandarin Orange Cup 100% Juice (79)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)	
	28 493:345:90	29 540:365:97	30 570:335:99	31 No School



CINCO DE MAYO

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Thought for Thought

Ties & Information

4/16/2024 1:38:46 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:517 AvgSod(mg):433 AvgCarbs(g):90

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



Menu Subject to Change

Summit Academy North Lunch

		Mini Cheese Calzones (44) Steamed Broccoli (5) Mandarin Orange Cup (13) 1% White or 1% Chocolate Milk(24)	Packaged Pizza Square(28) Baby Carrots w/Ranch (3) Mixed Berry Applesauce Cup(13) 1% White or 1% Chocolate Milk(24)		
566:657:86	566:657:86	1 566:657:86	2 580:856:68	3	No School
100% Beef Chili Dog w/cheese (3) Potato Wedges (38) Fresh Apple(29) 1% White or 1% Chocolate Milk(24)	2 Beef Tacos with WG Flour Tortilla (32) Mexican Pinto Beans (25) Diced Pear Cup (14) 1% White or 1% Chocolate Milk(24)	Cheesy Taco Penne (22) Savory Carrots Coins (9) IW Dinner Roll (27) Mandarin Orange Cup (13) 1% White or 1% Chocolate Milk(24)	Packaged Pizza Square(28) Fresh Broccoli Florets w/ Ranch Dressing (1) Fresh Apple(29) 1% White or 1% Chocolate Milk(24)		
6 886:2059:120	7 685:1277:95	8 605:587:95	9 632:824:82	10	No School
Beef & Cheese Nachos w/ WG Corn Chips (27) Seasoned Corn (19) Mixed Fruit Cup (11) 1% White or 1% Chocolate Milk(24)	All-American Hamburger w/ WW Bun (5) Baked Beans (47) Whole Wheat Hamburger Bun (24) Mandarin Orange Cup (13) 1% White or 1% Chocolate Milk(24)	Popcorn Chicken (19) Marvelous Mixed Veggies (9) IW Dinner Roll (27) Cinnamon Applesauce Cup(14) 1% White or 1% Chocolate Milk(24)	Packaged Pizza Square(28) Baby Carrots w/Ranch (3) Fresh Apple(29) 1% White or 1% Chocolate Milk(24)		
13 617:565:82	14 751:931:113	15 644:674:93	16 638:841:84	17	No School
Chicken & Rice Casserole (16) Steamed Broccoli (5) WG Dinner Roll(14) 100% Juice Orange (15) 1% White or 1% Chocolate Milk(24)	Beef Hot Dog on WW Bun (4) Baked Beans (47) Wheat Hot Dog Bun IW (19) Diced Peach Cup (21) 1% White or 1% Chocolate Milk(24)	Cheeseburger Meatloaf on WW Bun (8) Tater Tots (27) Whole Wheat Hamburger Bun (24) Fresh Apple slices(7) 1% White or 1% Chocolate Milk(24)	Packaged Pizza Square(28) Baby Carrots w/Ranch (3) Fresh Apple(29) 1% White or 1% Chocolate Milk(24)		
20 557:661:74	21 780:1092:115	22 701:1042:90	23 638:841:84	24	No School
	Beef Sloppy Joe on WW Bun (10) Seasoned Corn (19) Whole Wheat Hamburger Bun (24) Mandarin Orange Cup (13) 1% White or 1% Chocolate Milk(24)	Chicken Fajita with Tortilla (16) Mexican Pinto Beans (25) 100% Juice Orange (15) 1% White or 1% Chocolate Milk(24)	Packaged Pizza Square(28) Fresh Broccoli Florets w/ Ranch Dressing (1) Mixed Fruit Cup (11) 1% White or 1% Chocolate Milk(24)		
27 Memorial Day!	28 558:698:90	29 574:924:80	30 572:824:64	31	No School



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Thought for Thought

Tips & Information

No School

4/16/2024 1:38:24 PM
 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:630 AvgSod(mg):856 AvgCarbs(g):88

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



Menu Subject to Change

Summit Academy North Snack

		WG Harvest Cheddar Sunchips (19) 100% Apple Juice Box(24)	WG Cheez Its(14) 100% Grape Juice Box(24)	
566:657:86	566:657:86	1 240:225:43	2 200:165:38	3
Apple Cinnamon Nutri-grain Bar(30) 100% Orange Tangerine Juice Box(24)	RF Cool Ranch Doritos(18) 100% Apple Juice Box(24)	Chat Snack Graham crackers(21) 100% Grape Juice Box(24)	WG Cheetos Puffs (13) 100% Tropical Punch Juice Box(24)	
6 250:175:54	7 250:215:42	8 220:130:45	9 190:165:37	10
Cinnamon Bug Bites(21) 100% Apple Juice Box(24)	WG Garden Salsa Sunchips (19) 100% Grape Juice Box(24)	Simply Chex Cheddar (20) 100% Tropical Punch Juice Box(24)	WG Cheetos Puffs (13) 100% Orange Tangerine Juice Box(24)	
13 220:140:45	14 240:165:43	15 210:155:44	16 190:165:37	17
WG Pretzels (16) 100% Grape Juice Box(24)	RF Cool Ranch Doritos(18) 100% Tropical Punch Juice Box(24)	Chat Snack Graham crackers(21) 100% Orange Tangerine Juice Box(24)	Simply Chex Cheddar (20) 100% Apple Juice Box(24)	
20 180:225:40	21 250:215:42	22 220:130:45	23 210:155:44	24
	WG Cheetos Puffs (13) 100% Orange Tangerine Juice Box(24)	WG Harvest Cheddar Sunchips (19) 100% Apple Juice Box(24)	WG Cheez Its(14) 100% Grape Juice Box(24)	
27 Memorial Day!	28 190:165:37	29 240:225:43	30 200:165:38	31



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Thought for Thought

Tips & Information

4/16/2024 1:39:09 PM
Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:284 AvgSod(mg):267 AvgCarbs(g):50

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