

October, 2025

## Summit Academy North Breakfast

October, 2025



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Bag Breakfast</b>  WG Bagel with Cream Cheese Fresh Apple 100% Juice (73)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  Apple Muffin Vanilla Goldfish Craisins 100% Juice(83)1% White Milk or 1% Chocolate Milk(11)	
714:752:105	714:752:105	1 508:422:84	2 525:410:94	3
<b>Bag Breakfast</b>  Blueberry Chex Animal Grahams Pear Cup 100% Juice(74)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  Strawberry Nutrigrain Bar Cinnamon Goldfish Mixed Fruit Cup 100% Juice(81)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  WG Bagel with Cream Cheese Fresh Apple 100% Juice (73)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  WG Blueberry Muffin Goldfish Grahams Craisins 100% Juice (90)1% White Milk or 1% Chocolate Milk(11)	
6 455:420:85	7 510:385:92	8 508:422:84	9 580:370:101	10
<b>Bag Breakfast</b>  Cinnamon Chex Animal Crackers Peach Cup 100% Juice(81)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  Double Chocolate Oatmeal Bar Cinnamon Goldfish Mandarin Orange Cup 100% Juice(70)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  WG Bagel with Cream Cheese Fresh Apple 100% Juice (73)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  Double Chocolate Chip Muffin Vanilla Goldfish Craisin 100% Juice(88)1% White Milk or 1% Chocolate Milk(11)	
13 470:400:92	14 483:345:81	15 508:422:84	16 570:375:99	17
<b>Bag Breakfast</b>  Golden Grahams Cereal Animal Crackers Craisin 100% Juice (86)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  Apple Nutrigrain Bar Cinnamon Goldfish Pear Cup 100% Juice (77)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  WG Bagel with Cream Cheese Fresh Apple 100% Juice (73)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  WG Banana Muffin Vanilla Goldfish Mandarin Orange Cup 100% Juice(78)1% White Milk or 1% Chocolate Milk(11)	
20 500:480:97	21 485:385:88	22 508:422:84	23 533:380:89	24
<b>Bag Breakfast</b>  Cocoa Puffs Cereal Bar Animal Grahams Craisins 100% Juice (92)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  Blueberry Nutrigrain Bar Cinnamon Goldfish Mixed Fruit Cup 100% Juice (81)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  WG Bagel with Cream Cheese Fresh Apple 100% Juice (73)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  WG Blueberry Muffin Goldfish Grahams Craisins 100% Juice (90)1% White Milk or 1% Chocolate Milk(11)	
27 550:345:103	28 510:385:92	29 508:422:84	30 580:370:101	31 Happy Halloween!



Thought for Thought

## Tips &amp; Information

## Halloween Fun Facts:

- 1) The holiday has been around for about 6000 years and it is believed to have originated around 4000 B.C. in Ireland.
- 2) Americans spend about \$6.9 billion on Halloween – most of it for candy, costumes and parties
- 3) Pumpkins are a fruit, not a vegetable
- 4) Candy corn was originally named "chicken feed"

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

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:552 AvgSod(mg):462 AvgCarbs(g):93

**\*\*SCHOOLS ONLY\*\***

"or:" = An alternative selection to choose. "WG"=Whole Grain  
1% White & 1%Chocolate Milk  
available daily. (GSRP-white milk only)

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

October, 2025

## Summit Academy North Lunch

October, 2025



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Walking Taco w/ WG Corn Chips (31)</b> Seasoned Corn (19) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)	<b>Pre-Packaged Pepperoni Breadstick Pizza(28)</b> Baby Carrots w/ Ranch (8) Mandarin Orange Cup (13) 1% White or 1% Chocolate Milk(24)	
714:752:105	714:752:105	1 714:752:105	2 603:885:73	3
<b>100% Beef Chili Dog w/cheese (23)</b> Seasoned Corn (19) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)	<b>Grilled Chicken Breast on WW Bun (25)</b> Baked Beans (41) Diced Pear Cup (14) 1% White or 1% Chocolate Milk(24)	<b>Chicken Strip Wrap w/ Ranch (35)</b> Baked Green Beans (5) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)	<b>Pre-Packaged Pepperoni Breadstick Pizza(28)</b> Baby Carrots w/ Ranch (8) Mandarin Orange Cup (13) 1% White or 1% Chocolate Milk(24)	
6 713:933:95	7 643:1393:104	8 721:932:95	9 603:885:73	10
<b>WG Boneless Wings w/ Dinner Roll (30)</b> Maple Carrot Coins (13) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)	<b>Beef Sloppy Joe on WW Bun (34)</b> Baked Beans (41) Diced Pear Cup (14) 1% White or 1% Chocolate Milk(24)	<b>Meatballs &amp; Gravy with WW Dinner Roll (24)</b> Baked Green Beans (5) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)	<b>Pre-Packaged Pepperoni Breadstick Pizza(28)</b> Fresh Broccoli Florets w/ Ranch Dressing (1) Mandarin Orange Cup (13) 1% White or 1% Chocolate Milk(24)	
13 617:862:96	14 688:1460:113	15 577:664:85	16 577:824:66	17
<b>Chicken Nuggets W/ BBQ sauce(32)</b> Baked Green Beans (5) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)	<b>Classic Cheeseburger on WW Bun (29)</b> Potato Wedges (41) Diced Peach Cup (21) 1% White or 1% Chocolate Milk(24)	<b>BBQ Drumstick (13)</b> Baked Beans (41) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)	<b>Pre-Packaged Pepperoni Breadstick Pizza(28)</b> Baby Carrots w/ Ranch (8) Mandarin Orange Cup (13) 1% White or 1% Chocolate Milk(24)	
20 548:693:90	21 855:2115:115	22 709:1314:109	23 603:885:73	24
<b>Chicken Strip Wrap w/ Honey Mustard (44)</b> Baked Green Beans (5) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)	<b>BBQ Beef Rib Patty on WG Bun(37)</b> Maple Carrot Coins (13) Pineapple Tibits Cup (16) 1% White or 1% Chocolate Milk(24)	<b>Turkey Meatballs &amp; Gravy w/ WG Dinner Roll (23)</b> Mashed Potato (21) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)	<b>Pre-Packaged Pepperoni Breadstick Pizza(28)</b> Fresh Broccoli Florets w/ Ranch Dressing (1) Mandarin Orange Cup (13) 1% White or 1% Chocolate Milk(24)	
27 723:1043:102	28 604:1046:90	29 609:1150:100	30 577:824:66	31 <b>Happy Halloween!</b>



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## Tips &amp; Information

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:660 AvgSod(mg):984 AvgCarbs(g):94

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