

January, 2026

## Summit Academy North Breakfast

January, 2026



Monday	Tuesday	Wednesday	Thursday	Friday
<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)	
5 550:345:103	6 510:385:92	7 508:422:84	8 580:370:101	9
<b>Bag Breakfast</b>  Cinnamon Toast Crunch Cereal Animal Crackers Pear Cup 100% Juice(73)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  Golden Grahams Bar Cinnamon Goldfish Craisins 100% Juice(90)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  Cinnamon Goldfish Cracker Fresh Apple 100% Juice (62)Dannon Nonfat Yogurt(12) 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)	
12 445:400:84	13 550:350:101	14 458:307:85	15 533:380:89	16
<b>MLK Day</b>  <b>19</b>	<b>Bag Breakfast</b>  Trix Cereal Bar Cinnamon Goldfish Mandarin Orange Cup 100% Juice(75)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>  Apple Muffin Vanilla Goldfish Craisins 100% Juice(83)1% White Milk or 1% Chocolate Milk(11)	
<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>  Cinnamon Goldfish Cracker Fresh Apple 100% Juice (62)Dannon Nonfat Yogurt(12) 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)	
26 455:420:85	27 510:385:92	28 458:307:85	29 580:370:101	30



Thought for Thought

## Tips &amp; Information

It's a well-documented fact that very first snowman was made in Eau Claire, Wisconsin on January 7, 1809 by Vernon Paul and his 9 year old daughter, Yetty Paul. According to Mr. Paul, he told his daughter that the snowman was intended to frighten away the Boxing Day elves (popular legend said Boxing Day elves reclaimed Christmas presents). Once the Paul family's neighbors saw the snowman, and Yetty explained to her friends how easy it was to make, children all over the town were making snowmen.

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

11/12/2025 12:32:56 PM

Nutrition Key -&gt; Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )

AvgCals:510 AvgSod(mg):374 AvgCarbs(g):91

**\*\*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\*\***



January, 2026

## Summit Academy North Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chicken Strip Wrap w/ Honey Mustard (44)</b> Steamed Broccoli (5) Pineapple Tibits Cup (16) 1% White or 1% Chocolate Milk(24)	<b>BBQ Beef Rib Patty on WG Bun(37)</b> Maple Carrot Coins (13) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)	<b>Meatballs &amp; Gravy with WW Dinner Roll (24)</b> Mashed Potato (21) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)	<b>Pre-Packaged Pepperoni Breadstick Pizza(28)</b> 100% Paradise Punch Juice Box(17) Mandarin Orange Cup (13) 1% White or 1% Chocolate Milk(24)	
5 681:1068:89	6 652:1042:103	7 676:1011:101	8 598:750:82	9
<b>Crispy Chicken Sandwich on WG Bun (33)</b> Seasoned Roasted Potatoes (32) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)	<b>BBQ Chicken on WG Bun (33)</b> Maple Carrot Coins (13) Diced Peach Cup (21) 1% White or 1% Chocolate Milk(24)	<b>Italian Meatball Sub on WG Bun (29)</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)	
12 751:834:118	13 536:611:91	14 630:526:90	15 577:824:66	16
	<b>Cheeseburger Meatloaf on WW Bun (32)</b> Seasoned Corn (19) Diced Peach Cup (21) 1% White or 1% Chocolate Milk(24)	<b>Chicken Strips &amp; Waffle (82)</b> Maple Carrot Coins (13) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)	<b>Pre-Packaged Pepperoni Breadstick Pizza(28)</b> 100% Paradise Punch Juice Box(17) Mandarin Orange Cup (13) 1% White or 1% Chocolate Milk(24)	
19 <b>MLK Day</b>	20 630:671:96	21 905:911:150	22 598:750:82	23
<b>Beef &amp; Cheese Nachos w/ WG Corn Chips (33)</b> 100% Mango Splash Juice Box (17) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)	<b>Chicken Fajita with Tortilla (18)</b> Texas Ranchero Pinto Beans (15) Mixed Fruit Cup (18) 1% White or 1% Chocolate Milk(24)	<b>Chicken Meatballs &amp; Gravy (25)</b> Mashed Potato (21) 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)	
26 679:716:103	27 537:801:75	28 689:1031:102	29 603:885:73	30



Thought for Thought

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11/18/2025 7:16:16 AM

Nutrition Key -&gt; Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )

AvgCals:649 AvgSod(mg):828 AvgCarbs(g):94

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 available daily. (GSRP-white milk only)

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