

# Summit Academy North Breakfast

Monday

Tuesday

Wednesday

Thursday

Friday

**Bag Breakfast**

Cinnamon Chex  
Animal Crackers  
Peach Cup  
100% Juice(81)1% White Milk or 1%  
Chocolate Milk(11)

2

470:400:92

**Bag Breakfast**

Double Chocolate Oatmeal Bar  
Cinnamon Goldfish  
Apple Banana Bar  
100% Juice(73)1% White Milk or 1%  
Chocolate Milk(11)

3

500:355:84

**Bag Breakfast**

WG Bagel with Cream Cheese  
Fresh Apple  
100% Juice  
(73)1% White Milk or 1% Chocolate Milk(11)

4

508:422:84

**Bag Breakfast**

Double ChocolateChip Muffin  
Vanilla Goldfish  
Craisin  
100% Juice(88)1% White Milk or 1%  
Chocolate Milk(11)

5

570:375:99

6

**Bag Breakfast**

Apple Nutrigrain Bar  
Cinnamon Goldfish  
Pear Cup  
100% Juice  
(77)1% White Milk or 1% Chocolate Milk(11)

10

485:385:88

**Bag Breakfast**

Cinnamon Goldfish Cracker  
Fresh Apple  
100% Juice  
(62)Dannon Nonfat Yogurt(12)  
1% White Milk or 1% Chocolate Milk(11)

11

458:307:85

**Bag Breakfast**

WG Banana Muffin  
Vanilla Goldfish  
Apple Cinn Fruit Crunchable100%  
Juice(74)1% White Milk or 1% Chocolate  
Milk(11)

12

520:380:85

13

**Bag Breakfast**

Blueberry Nutrigrain Bar  
Cinnamon Goldfish  
Mixed Fruit Cup  
100% Juice  
(81)1% White Milk or 1% Chocolate Milk(11)

18

510:385:92

**Bag Breakfast**

WG Blueberry Muffin  
Goldfish Grahams  
Craisins  
100% Juice  
(90)1% White Milk or 1% Chocolate Milk(11)

19

580:370:101

20

**Bag Breakfast**

Cinnamon Toast Crunch Cereal  
Animal Crackers  
Pear Cup  
100% Juice(73)1% White Milk or 1%  
Chocolate Milk(11)

23

445:400:84

**Bag Breakfast**

Golden Grahams  
Cinnamon Goldfish  
Craisins  
100% Juice(83)1% White Milk or 1%  
Chocolate Milk(11)

24

500:475:94

**Bag Breakfast**

Cinnamon Goldfish Cracker  
Fresh Apple  
100% Juice  
(62)Dannon Nonfat Yogurt(12)  
1% White Milk or 1% Chocolate Milk(11)

25

458:307:85

**Bag Breakfast**

WG Banana Muffin  
Vanilla Goldfish  
Apple Cinn Fruit Crunchable100%  
Juice(74)1% White Milk or 1% Chocolate  
Milk(11)

26

520:380:85

27

# Happy Valentine's Day

Thought for Thought

## Tips & Information

Since its inception, Black History Month has expanded beyond its initial acceptance in educational establishments. Carter Woodson's organization, now known as the Association for the Study of African American Life and History (ASALH), designates a theme each year. This year, February will be a celebration of Black History Month with the theme "African Americans and the Arts." The ASALH shares, "African American art is infused with African, Caribbean, and the Black American lived experiences."

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1/21/2026 3:44:06 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:501 AvgSod(mg):380 AvgCarbs(g):89

### \*\*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\*\*