

October, 2026

Summit North Great Start Lunch

October, 2026



Monday	Tuesday	Wednesday	Thursday	Friday
			Cheese Bosco Sticks (34) Mixed Vegetable (Corn, Green Beans, Peas, Carrots) (6) Cinnamon Maple Diced Apples (6) 1% White Milk(11)	
454:581:57	454:581:57	454:581:57	1 454:581:57	2
Cheeseburger Mac (Ground Turkey & Cheese) with WG Seasoned Green Beans (1) Pie Spiced Peaches(7) 1% White Milk(11)	WG Chicken Nuggets (12) Maple Spiced Carrots Cinnamon Maple Diced Apples (6) 1% White Milk(11)	Sunbutter & Jelly Uncrustable on WG Bread with Cheddar Stick(33) Baby Carrots w/ Ranch (4) Fresh Honeydew Melon 1% White Milk(11)	Chicken & Gravy with Brown Rice (28) Peas and Carrots (6) Ginger Spiced Peach Pear Mix(7) 1% White Milk(11)	
5 412:875:43	6 340:665:29	7 561:774:48	8 402:562:53	9
Breaded Chicken Patty on WG Bun(43) Diced Potatoes(9) Sunshine Fruit Mix (8) 1% White Milk(11)	Ground Turkey & Cheese Soft Taco with WG Tortilla(18) Texas Ranchero Pinto Beans (6) Pie Spiced Peaches(7) 1% White Milk(11)	Half Turkey Sandwich on Wheat Bread (26) Peas and Carrots (6) Fresh Cantaloupe 1% White Milk(11)	Pre-School Field Trip Lunch Turkey & Cheese Sub Applesauce Cup Dragonfruit Juice (68)1% White Milk(11)	
12 587:928:71	13 400:776:42	14 331:687:43	15 540:900:79	16
Cheeseburger on WW Bun (32) Vegetarian Baked Beans (16) Sunshine Fruit Mix (8) 1% White Milk(11)	Chicken Tenders w/BBQ sauce(19) Diced Roasted Sweet Potatoes(9) Pie Spiced Peaches(7) 1% White Milk(11)	Deli Turkey and Cheese Wrap with WG Tortilla(16) Diced Carrots Fresh Honeydew Melon 1% White Milk(11)	Macaroni & Cheese with WG Noodles(21) Seasoned Steamed Broccoli (2) Ginger Spiced Peach Pear Mix(7) 1% White Milk(11)	
19 560:1023:67	20 416:689:46	21 363:651:27	22 333:785:41	23
Turkey Burger on WG Bun(31) Diced Potatoes(9) Pineapples & Peaches(7) 1% White Milk(11)	Ground Turkey & Cheese Nachos with WG Tortilla Fiesta Taco Black Beans (8) Sunshine Fruit Mix (8) 1% White Milk(11)	Chicken & Cheese Wrap (17) Seasoned Steamed Broccoli (2) Fresh Cantaloupe 1% White Milk(11)	WW Spaghetti with Ground Turkey(23) Chopped Romaine Salad with Tomato (1) Cinnamon Maple Diced Apples (6) 1% White Milk(11)	
26 529:1141:59	27 411:721:48	28 387:497:30	29 407:409:42	30



Thought for Thought

Tips & 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

9/12/2026 9:01:02 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:440 AvgSod(mg):713 AvgCarbs(g):50

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

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Summit North Great Start Breakfast

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Monday	Tuesday	Wednesday	Thursday	Friday
			Honey Cherrios Bowl (22) Pineapple Tidbits (8) 1% White Milk(11)	
454:581:57	454:581:57	454:581:57	1 245:290:41	2
Rice Chex Cereal(24) Mixed Berry Applesauce Cup(15) 1% White Milk(11)	Apple Muffin(22) Diced Pears (7) 1% White Milk(11)	WG Banana Muffin(31) Fresh Banana(31) 1% White Milk(11)	Cinnamon Toast Crunch Cereal(22) Pineapple Tidbits (8) 1% White Milk(11)	
5 270:350:50	6 265:262:40	7 421:231:73	8 245:280:41	9
Blueberry Chex Cereal (23) Applesauce Cup(14) 1% White Milk(11)	Cheerios Bowl(21) Diced Pears (7) 1% White Milk(11)	WG Blueberry Muffin(30) Fresh Banana(31) 1% White Milk(11)	Cinnamon Chex Cereal(23) Pineapple Tidbits (8) 1% White Milk(11)	
12 270:295:48	13 230:262:39	14 411:256:72	15 245:280:42	16
Honey Cherrios Bowl (22) Cinnamon Applesauce Cup(14) 1% White Milk(11)	Apple Muffin(22) Diced Pears (7) 1% White Milk(11)	WG Banana Muffin(31) Fresh Banana(31) 1% White Milk(11)	Rice Chex Cereal(24) Pineapple Tidbits (8) 1% White Milk(11)	
19 260:290:47	20 265:262:40	21 421:231:73	22 245:350:43	23
Cinnamon Chex Cereal(23) Cinnamon Applesauce Cup(14) 1% White Milk(11)	Cheerios Bowl(21) Diced Pears (7) 1% White Milk(11)	WG Blueberry Muffin(30) Fresh Banana(31) 1% White Milk(11)	Honey Cherrios Bowl (22) Pineapple Tidbits (8) 1% White Milk(11)	
26 260:280:48	27 230:262:39	28 411:256:72	29 245:290:41	30



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9/12/2026 9:01:20 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:321 AvgSod(mg):335 AvgCarbs(g):51

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Summit North Great Start Snack

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Monday	Tuesday	Wednesday	Thursday	Friday
			Dannon Nonfat Yogurt(10) Tropical Fruit (7)	
454:581:57 Graham Crackers(11) Mandarin Oranges (10)	454:581:57 Colby Jack Cheese Stick (1) Wheat Crackers(15)	454:581:57 WG Cheez Its(14) Applesauce Cup(14)	1 90:65:17 Dannon Nonfat Yogurt(10) Tropical Fruit (7)	2
5 105:80:21 Animal Crackers(21) Mandarin Oranges (10)	6 200:295:16 String Cheese(1) Wheat Crackers(15)	7 150:155:28 Baby Carrots w/ Ranch (9) Simply Chex Cheddar (20)	8 90:65:17 Dannon Nonfat Yogurt(10) Tropical Fruit (7)	9
12 165:125:31 Graham Crackers(11) Mandarin Oranges (10)	13 170:335:16 Cinnamon Bug Bites(21) Fresh Apple slices(7)	14 190:315:29 Cheddar Cheese Stick Wheat Crackers(15)	15 90:60:17 Dannon Nonfat Yogurt(10) Tropical Fruit (7)	16
19 105:80:21 Chat Snack Graham crackers(21) Mandarin Oranges (10)	20 150:100:28 Colby Jack Cheese Stick (1) Wheat Crackers(15)	21 180:315:15 Salsa Cup (2) Corn Tortilla Chips(18)	22 90:65:17 Dannon Nonfat Yogurt(10) Tropical Fruit (7)	23
26 165:115:31	27 200:295:16	28 130:165:20	29 90:65:17	30



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9/12/2026 9:01:38 AM

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AvgCals:198 AvgSod(mg):239 AvgCarbs(g):27

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