

October, 2026

Summit Academy North Breakfast

October, 2026



Monday	Tuesday	Wednesday	Thursday	Friday
			Bag Breakfast	
			Apple Muffin Vanilla Goldfish Craisins 100% Juice(83)1% White Milk or 1% Chocolate Milk(11)	
610:1045:76	610:1045:76	610:1045:76	1 525:375:94	2
Bag Breakfast	Bag Breakfast	Bag Breakfast	Bag Breakfast	
Blueberry Chex Scooby Grahams Pear Cup 100% Juice(73)1% White Milk or 1% Chocolate Milk(11)	Strawberry Nutri Grain Bar Cinnamon Goldfish Mixed Fruit Cup 100% Juice(78)1% White Milk or 1% Chocolate Milk(11)	Cinnamon Raisin Bagel with Cream Cheese Craisins 100% Juice (74)1% White Milk or 1% Chocolate Milk(11)	WG Blueberry Muffin Goldfish Grahams Craisins 100% Juice (90)1% White Milk or 1% Chocolate Milk(11)	
5 455:400:84	6 490:405:89	7 530:460:85	8 580:400:101	9
Bag Breakfast	Bag Breakfast	Bag Breakfast	Bag Breakfast	
Cinnamon Chex Tiger Grahams Peach Cup 100% Juice(71)1% White Milk or 1% Chocolate Milk(11)	Double Chocolate Oatmeal Bar Cinnamon Goldfish Apple Crisps 100% Juice(67)1% White Milk or 1% Chocolate Milk(11)	WG Blueberry Bagel with Cream Cheese Craisins 100% Juice (74)1% White Milk or 1% Chocolate Milk(11)	Double Chocolate Chip Muffin Vanilla Goldfish Craisin 100% Juice(88)1% White Milk or 1% Chocolate Milk(11)	
12 440:410:82	13 470:375:78	14 530:460:85	15 570:340:99	16
Bag Breakfast	Bag Breakfast	Bag Breakfast	Bag Breakfast	
Golden Grahams Cereal Tiger Grahams Craisin 100% Juice (85)1% White Milk or 1% Chocolate Milk(11)	Apple Nutri Grain Bar Cinnamon Goldfish Pear Cup 100% Juice (78)1% White Milk or 1% Chocolate Milk(11)	WG Bagel with Cream Cheese Fresh Apple 100% Juice (73)1% White Milk or 1% Chocolate Milk(11)	WG Banana Muffin Vanilla Goldfish Apple Straw Fruit Crunchable 100% Juice(75)1% White Milk or 1% Chocolate Milk(11)	
19 500:490:96	20 485:415:89	21 528:432:84	22 520:345:86	23
Bag Breakfast	Bag Breakfast	Bag Breakfast	Bag Breakfast	
Cocoa Puffs Cereal Bar Scooby Grahams Craisins 100% Juice (91)1% White Milk or 1% Chocolate Milk(11)	Blueberry Nutri Grain Bar Cinnamon Goldfish Mixed Fruit Cup 100% Juice (79)1% White Milk or 1% Chocolate Milk(11)	Cinnamon Goldfish Cracker Fresh Apple 100% Juice (62)1% White Milk or 1% Chocolate Milk(11)	WG Blueberry Muffin Goldfish Grahams Craisins 100% Juice (90)1% White Milk or 1% Chocolate Milk(11)	
26 550:325:102	27 490:385:90	28 388:267:73	29 580:400:101	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

9/16/2026 11:39:32 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()

AvgCals:527 AvgSod(mg):517 AvgCarbs(g):86

****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, 2026

Summit Academy North Lunch

October, 2026



Monday	Tuesday	Wednesday	Thursday	Friday
			Pre-Packaged Pepperoni Breadstick Pizza(28) Baby Carrots w/ Ranch (8) Mandarin Orange Cup (20) 1% White or 1% Chocolate Milk(20)	
610:1045:76	610:1045:76	610:1045:76	1 610:1045:76	2
Italian Meatball Sub on WG Bun (29) Steamed Broccoli (5) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(20)	Crispy Chicken Sandwich on WG Bun (33) Baked Beans (41) Diced Pear Cup (14) 1% White or 1% Chocolate Milk(20)	Walking Taco w/ WG Corn Chips (30) Seasoned Corn (19) Fresh Banana(31) 1% White or 1% Chocolate Milk(20)	Pre-Packaged Pepperoni Breadstick Pizza(28) Baby Carrots w/ Ranch (8) Mandarin Orange Cup (20) 1% White or 1% Chocolate Milk(20)	
5 603:708:83	6 723:1493:108	7 694:832:100	8 610:1045:76	9
WG Boneless Wings w/ Dinner Roll (30) Maple Carrot Coins (13) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(20)	Beef Sloppy Joe on WW Bun (34) Baked Beans (41) Diced Pear Cup (14) 1% White or 1% Chocolate Milk(20)	Meatballs & Gravy with WW Dinner Roll (24) Mashed Potato (21) Fresh Banana(31) 1% White or 1% Chocolate Milk(20)	Pre-Packaged Pepperoni Breadstick Pizza(28) Fresh Broccoli Florets w/ Ranch Dressing (1) Mandarin Orange Cup (20) 1% White or 1% Chocolate Milk(20)	
12 597:1022:92	13 668:1620:109	14 656:1171:97	15 584:984:69	16
Chicken Tender w/BBQ sauce (19) Baked Green Beans (5) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(20)	Classic Cheeseburger on WW Bun (29) Potato Wedges (41) Diced Peach Cup (12) 1% White or 1% Chocolate Milk(20)	BBQ Drumstick W/ Dinner Roll(29) Baked Beans (41) Fresh Banana(31) 1% White or 1% Chocolate Milk(20)	Pre-Packaged Pepperoni Breadstick Pizza(28) Baby Carrots w/ Ranch (8) Mandarin Orange Cup (20) 1% White or 1% Chocolate Milk(20)	
19 498:743:73	20 805:2275:102	21 769:1624:121	22 610:1045:76	23
Chicken Strip Wrap w/ Honey Mustard (44) Baked Green Beans (5) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(20)	BBQ Beef Rib Patty on WG Bun(37) Maple Carrot Coins (13) Pineapple Tibits Cup (16) 1% White or 1% Chocolate Milk(20)	Turkey Meatballs & Gravy w/ WG Dinner Roll (23) Mashed Potato (21) Fresh Banana(31) 1% White or 1% Chocolate Milk(20)	Pre-Packaged Pepperoni Breadstick Pizza(28) Fresh Broccoli Florets w/ Ranch Dressing (1) Mandarin Orange Cup (20) 1% White or 1% Chocolate Milk(20)	
26 703:1203:98	27 584:1206:86	28 589:1310:96	29 584:984:69	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

9/16/2026 11:39:00 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:634 AvgSod(mg):1166 AvgCarbs(g):87

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