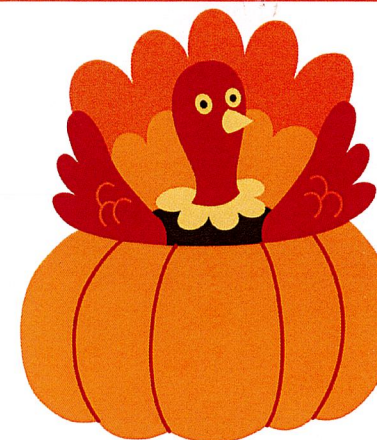


November, 2026

Summit Academy North Breakfast

November, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Bag Breakfast Cinnamon Toast Crunch Cereal Tiger Grahams Pear Cup 100% Juice(72)1% White Milk or 1% Chocolate Milk(11) 2 445:410:83	3 No School	Bag Breakfast WG Blueberry Bagel with Cream Cheese Craisins 100% Juice (74)1% White Milk or 1% Chocolate Milk(11) 4 530:460:85	Bag Breakfast WG Banana Muffin Vanilla Goldfish Apple Straw Fruit Crunchable100% Juice(75)1% White Milk or 1% Chocolate Milk(11) 5 520:345:86	6
Bag Breakfast Apple Cinnamon Cheerios Cinn Fish 100% Juice Craisin(82)1% White Milk or 1% Chocolate Milk(11) 9 500:395:93	Bag Breakfast Trix Cereal Bar Cinn Fish Peach Cup 100% Juice(74)1% White Milk or 1% Chocolate Milk(11) 10 490:370:85	Bag Breakfast Cinnamon Goldfish Cracker Fresh Apple 100% Juice (62)Dannon Nonfat Yogurt(10) 1% White Milk or 1% Chocolate Milk(11) Veterans Day! 11 448:332:83	Bag Breakfast Apple Muffin Vanilla Goldfish Craisins 100% Juice(83)1% White Milk or 1% Chocolate Milk(11) 12 525:375:94	13
Bag Breakfast Blueberry Chex Scooby Grahams Pear Cup 100% Juice(73)1% White Milk or 1% Chocolate Milk(11) 16 455:400:84	Bag Breakfast Strawberry NutriGrain Bar Cinnamon Goldfish Mixed Fruit Cup 100% Juice(78)1% White Milk or 1% Chocolate Milk(11) 17 490:405:89	Bag Breakfast Cinnamon Raisin Bagelwith Cream Cheese Craisins 100% Juice (74)1% White Milk or 1% Chocolate Milk(11) 18 530:460:85	Bag Breakfast WG Blueberry Muffin Goldfish Grahams Craisins 100% Juice (90)1% White Milk or 1% Chocolate Milk(11) 19 580:400:101	20
Bag Breakfast Cinnamon Chex Tiger Grahams Peach Cup 100% Juice(71)1% White Milk or 1% Chocolate Milk(11) 23 440:410:82	Bag Breakfast Double Chocolate Oatmeal Bar Cinnamon Goldfish Apple Crisps 100% Juice(67)1% White Milk or 1% Chocolate Milk(11) 24 470:375:78	25 No School	26 Happy Thanksgiving!	27
Bag Breakfast Golden Grahams Cereal Tiger Grahams Craisin 100% Juice (85)1% White Milk or 1% Chocolate Milk(11) 30 500:490:96				



Thought for Thought

Tips & Information

Abraham Lincoln declared Thanksgiving a national holiday on October 3, 1863. Sarah Josepha Hale, the woman who wrote "Mary Had A Little Lamb," convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.

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

10/5/2026 8:48:08 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:494 AvgSod(mg):401 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)

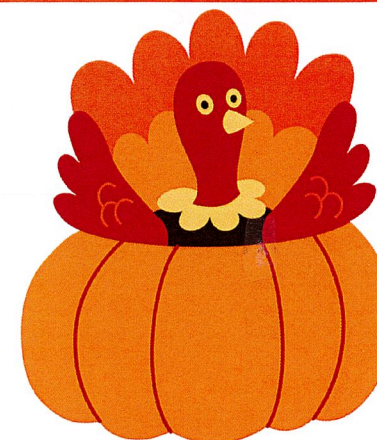
****Menu Subject to Change****

November, 2026

Summit Academy North Lunch

November, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Crispy Chicken Sandwich on WG Bun Seasoned Roasted Potatoes (32) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(20)		Italian Meatball Sub on WG Bun (29) Baked Green Beans (5) Fresh Banana(31) 1% White or 1% Chocolate Milk(20)	Pre-Packaged Penneroni Breadstick Fresh Broccoli Florets w/ Ranch Dressing (1) Mandarin Orange Cup (20) 1% White or 1% Chocolate Milk(20)	
2 731:994:114	3 No School	4 610:686:86	5 584:984:69	6
Walking Taco w/ WG Corn Chins (30) Fiesta Taco Black Beans (21) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(20)	Cheeseburger Meatloaf on WW Bun Seasoned Corn (19) Diced Peach Cup (12) 1% White or 1% Chocolate Milk(20)	Chicken Strips & Waffle (80) Maple Carrot Coins (13) Fresh Banana(31) 1% White or 1% Chocolate Milk(20)	Pre-Packaged Penneroni Breadstick 100% Paradise Punch Juice Box(23) Mandarin Orange Cup (20) 1% White or 1% Chocolate Milk(20)	
9 717:1298:101	10 580:831:83	11 Veterans Day! 835:1001:144	12 625:870:91	13
Beef & Cheese Nachos w/ WG Corn 100% Mango Splash Juice Box (17) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(20)	Chicken Fajita with Tortilla (18) Texas Ranchero Pinto Beans (15) Mixed Fruit Cup (15) 1% White or 1% Chocolate Milk(20)	Chicken Meatballs & Gravy (29) Mashed Potato (21) Fresh Banana(31) 1% White or 1% Chocolate Milk(20)	Pre-Packaged Penneroni Breadstick Baby Carrots w/ Ranch (8) Mandarin Orange Cup (20) 1% White or 1% Chocolate Milk(20)	
16 659:876:99	17 497:957:68	18 796:1338:102	19 610:1045:76	20
100% Beef Chili Dog w/cheese (23) Seasoned Corn (19) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(20)	Grilled Chicken Breast on WW Bun (25) Baked Beans (41) Diced Pear Cup (14) 1% White or 1% Chocolate Milk(20)			
23 693:1113:91	24 623:1553:100	25 No School	26 Happy Thanksgiving!	27
WG Boneless Wings w/ Dinner Roll (30) Maple Carrot Coins (13) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(20)				
30 597:1022:92				



Thought for Thought

Tips & Information

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10/5/2026 10:43:12 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:654 AvgSod(mg):1040 AvgCarbs(g):94

****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****