

Summit Academy High School Breakfast

		Ultimate Breakfast Round(44) Craisins(27) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)	Cocoa Puffs Cereal(25) Animal Grahams(22) Fresh Apple(29) 1% White Milk or 1% Chocolate Milk(11)		
677:877:117	677:877:117	1 600:370:112	2 438:395:87	3	No School
Froot Loops Cereal(24) Animal Grahams(22) Diced Pear Cup (14) 100% Juice Orange (15) 1% White Milk or 1% Chocolate Milk(11)	Cinnamon Toast Crunch Cereal(22) Giant Vanilla Goldfish (19) Fresh Orange(22) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)	WG Bagel w/Cream cheese(30) Fresh Apple(29) 1% White Milk or 1% Chocolate Milk(11)	Animal Grahams(22) Cinnamon Applesauce Cup(14) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)		
6 435:410:86	7 544:395:104	8 438:440:70	9 540:395:107	10	No School
Strawberry Cheerio Bar (30) Mixed Fruit Cup (11) 100% Juice Orange (15) 1% White Milk or 1% Chocolate Milk(11)	Double Chocolate Oatmeal Bar(24) Giant Vanilla Goldfish (19) Fresh Apple(29) 1% White Milk or 1% Chocolate Milk(11)	Ultimate Breakfast Round(44) Applesauce Cup(14) 100% Juice Orange (15) 1% White Milk or 1% Chocolate Milk(11)	Apple Cinnamon Nutri-grain Bar(30) Giant Cinnamon Goldfish(19) Craisins(27) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)		
13 358:210:67	14 478:335:83	15 480:380:84	16 600:390:117	17	No School
Golden Grahams(24) Animal Grahams(22) Diced Peach Cup (21) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)	Frosted Flakes(24) Animal Grahams(22) Pineapple Tibits Cup (15) 100% Juice Orange (15) 1% White Milk or 1% Chocolate Milk(11)	WG Bagel w/Cream cheese(30) Fresh Apple(29) 1% White Milk or 1% Chocolate Milk(11)	WG Banana Muffin(31) Giant Vanilla Goldfish (19) Mixed Berry Applesauce Cup(13) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)		
20 530:465:108	21 456:436:87	22 438:440:70	23 590:360:104	24	No School
27 Memorial Day!	Apple Jacks(24) Giant Vanilla Goldfish (19) Applesauce(14) 100% Juice Orange (15) 1% White Milk or 1% Chocolate Milk(11)	Ultimate Breakfast Round(44) Craisins(27) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)	Double Chocolate Chip Muffin(27) Giant Vanilla Goldfish (19) Fresh Apple(29) 1% White Milk or 1% Chocolate Milk(11)		
28 431:392:83	29 600:370:112	30 508:330:86	31	No School	



In accordance with federal civil rights law and the USDA this institutin 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

Thought for Thought

Tips & Information

4/15/2024 12:09:18 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:532 AvgSod(mg):477 AvgCarbs(g):96

"or;" = An alternative selection to choose. "WG"=Whole Grain
 1% White & 1%Chocolate Milk available daily.



Menu Subject to Change

Summit Academy High Lunch Menu

		BBQ Beef Meatballs w/Bun(57) Baked Green Beans(7) Fresh Apple(29) 1% White or 1% Chocolate Milk(24)	WG Pizza Slice (31) Baby Carrots w/Ranch (13) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)		
677:877:117	677:877:117	1 677:877:117	2 672:892:130	3	No School
2 Beef Tacos with WG Flour Tortilla (33) Corn Obrien(17) Diced Pears(33) 1% White or 1% Chocolate Milk(24)	Cheezy Taco Penne (20) Fresh Broccoli & Ranch Dressing(2) Fresh Apple(29) 1% White or 1% Chocolate Milk(24)	Beef & Cheese Nachos w/ WG Corn Chips(39) Tossed Salad with Ranch(2) Diced Peaches(28) 1% White or 1% Chocolate Milk(24)	WG Pizza Slice (31) Baby Carrots w/Ranch (13) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)		
6 783:754:107	7 580:666:76	8 807:929:93	9 672:892:130	10	No School
All-American Hamburger w/ WW Bun(31) Baked Beans(44) Fresh Apple(29) 1% White or 1% Chocolate Milk(24)	Mini Cheese Calzones (42) Seasoned Corn(23) Cinnamon Applesauce Cup(14) 1% White or 1% Chocolate Milk(24)	Asian Chicken w/ Brown Rice(29) Asian Vegetable Blend (8) Fresh Orange(22) 1% White or 1% Chocolate Milk(24)	WG Pizza Slice (31) Baby Carrots w/Ranch (13) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)		
13 800:857:128	14 629:598:103	15 532:565:83	16 672:892:130	17	No School
Beef Hot Dog on WW Bun(30) Baked Beans(44) Diced Peaches(28) 1% White or 1% Chocolate Milk(24)	Cheeseburger Meatloaf on WW Bun (34) Potato Wedges(30) Fresh Apple(29) 1% White or 1% Chocolate Milk(24)	Sweet & Sour Chicken Meatballs with Brown Baked Green Beans(7) Diced Pears(33) 1% White or 1% Chocolate Milk(24)	WG Pizza Slice (31) Baby Carrots w/Ranch (13) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)		
20 834:1108:126	21 765:1544:117	22 759:540:107	23 672:892:130	24	No School
	Chicken Fajita with Tortilla(33) Mexican Pinto Beans(31) 100% Juice Orange (15) 1% White or 1% Chocolate Milk(24)	Italian Meatball Sub on WG Bun(35) Baked Green Beans(7) Diced Pears(33) 1% White or 1% Chocolate Milk(24)	WG Pizza Slice (31) Romaine w/ Dressing(4) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)		
27 Memorial Day!	28 715:1314:104	29 625:503:99	30 636:788:121	31	No School



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Thought for Thought

Tips & Information

4/16/2024 4:01:44 AM
Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:692 AvgSod(mg):862 AvgCarbs(g):112

or: = An alternative selection to choose. "WG"=Whole Grain
1% White & 1%Chocolate Milk available daily.



Menu Subject to Change