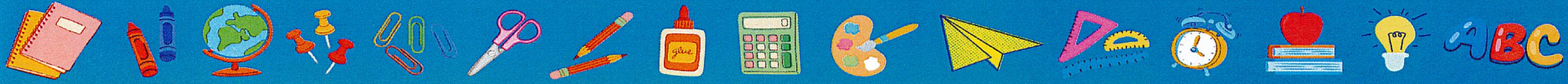


September, 2025

## Summit Academy High Lunch Menu

September, 2025



Monday	Tuesday	Wednesday	Thursday	Friday
		Walking Taco w/ WG Doritos (31)	WG Pizza Slice (33)	
		Tossed Salad with Ranch(2) Fresh Orange(22) 1% White or 1% Chocolate Milk(24)	Baby Carrots w/Ranch (13) Diced Pears(33) 1% White or 1% Chocolate Milk(24)	
2 957:1337:166		3 670:949:79	4 716:956:103	5 No School
BBQ Beef Rib Patty on WG Bun(47)	Turkey Meatballs & Gravy w/ Dinner Roll (35)	Honey Mustard Chicken Wrap (43)	WG Pizza Slice (33)	
Maple Carrot Coins(15) Pineapple Tidbits(38) 1% White or 1% Chocolate Milk(24)	Mashed Potato(33) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)	Seasoned Green Beans(7) Mandarin Orange(40) 1% White or 1% Chocolate Milk(24)	Romaine w/ Dressing(3) Fruit mix(37) 1% White or 1% Chocolate Milk(24)	
8 761:1064:124	9 871:1459:154	10 776:901:114	11 709:848:97	12 No School
BBQ Chicken on WG Bun(35)	Italian Meatball Sub on WG Bun(36)	WG Chicken Nuggets w/ WG Dinner Roll(30)	WG Pizza Slice (33)	
Maple Carrot Coins(15) Diced Peaches(28) 1% White or 1% Chocolate Milk(24)	Seasoned Green Beans(7) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)	Seasoned Corn(23) Fresh Orange(22) 1% White or 1% Chocolate Milk(24)	Fresh Broccoli & Ranch Dressing(2) Mandarin Orange(40) 1% White or 1% Chocolate Milk(24)	
15 583:573:102	16 789:536:130	17 601:681:99	18 761:997:99	19 No School
Cheeseburger Meatloaf on WW Bun (34)	WG Chicken Tenders with WG Dinne Roll (33)	Walking Taco w/ WG Doritos (31)	WG Pizza Slice (33)	
Seasoned Corn(23) Diced Peaches(28) 1% White or 1% Chocolate Milk(24)	Maple Carrot Coins(15) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)	Fiesta Taco Black Beans (21) Fresh Orange(22) 1% White or 1% Chocolate Milk(24)	Romaine w/ Dressing(3) Pineapple Tidbits(38) 1% White or 1% Chocolate Milk(24)	
22 697:631:109	23 765:826:134	24 695:1173:99	25 699:838:98	26 No School
Chicken Fajita with Tortilla(34)	Turkey Kielbasa on WW Bun(30)			
Texas Ranchero Pinto Beans (20) Fruit mix(37) 1% White or 1% Chocolate Milk(24)	Seasoned Corn(23) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)			
29 766:1066:115	30 749:923:139			

WELCOME



Thought for Thought

## Tips &amp; Information

Labor Day, the first Monday in September, constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. The first unofficial Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City. On June 28th, 1894 the first Monday in September was declared Labor Day by President Grover Cleveland. Labor Day is not only celebrated in the United States, but also Canada and other industrialized nations. This day for some is a day to relax and enjoy the end of summer & the beginning of another GREAT YEAR OF LEARNING!!!

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8/18/2025 11:58:35 AM

Nutrition Key -&gt; Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )

AvgCals:739 AvgSod(mg):926 AvgCarbs(g):115

**\*\*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\*\***



September, 2025

## Summit Academy High School Breakfast

September, 2025



Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Trix Cereal Bowl(24)</b> WG Animal Crackers(22) Craisins(27) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11) <b>8 560:385:114</b>	<b>Double Chocolate Oatmeal Bar(24)</b> Giant Cinnamon Goldfish(19) Fresh Orange(22) 100% Apple Juice(28) 1% White or 1% Chocolate Milk(24) <b>2 624:260:117</b>	<b>WG Bagel w/Cream cheese(29)</b> Fresh Gala Apple(29) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11) <b>3 508:422:84</b>	<b>Double Chocolate Chip Muffin(27)</b> Giant Vanilla Goldfish (19) Fresh Banana(62) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) <b>4 702:377:134</b>	
<b>WG Animal Crackers(22)</b> Craisins(27) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11) <b>8 560:385:114</b>	<b>Apple Cinnamon Nutri-grain Bar(30)</b> Giant Cinnamon Goldfish(19) Diced Pear Cup (14) 100% Apple Juice(28) 1% White Milk or 1% Chocolate Milk(11) <b>9 545:390:102</b>	<b>WG Bagel w/Cream cheese(29)</b> Fresh Gala Apple(29) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11) <b>10 508:422:84</b>	<b>WG Banana Muffin(31)</b> Giant Vanilla Goldfish (19) Pineapple Tibits Cup (16) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) <b>11 540:386:92</b>	
<b>Cocoa Puffs Cereal(25)</b> WG Animal Crackers(22) Craisins(27) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11) <b>15 560:405:115</b>	<b>Cinnamon Toast Crunch Cereal Bar(30)</b> Giant Cinnamon Goldfish(19) Fresh Gala Apple(29) 100% Apple Juice(28) 1% White Milk or 1% Chocolate Milk(11) <b>16 598:377:117</b>	<b>WG Bagel w/Cream cheese(29)</b> Mixed Fruit Cup (18) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11) <b>17 480:420:73</b>	<b>WG Blueberry Muffin(30)</b> Giant Vanilla Goldfish (19) Fresh Banana(62) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) <b>18 712:407:137</b>	
<b>Cinnamon Toast Crunch Cereal(22)</b> WG Animal Crackers(22) Craisins(27) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11) <b>22 570:405:112</b>	<b>Golden Grahams Cereal Bar (30)</b> Giant Cinnamon Goldfish(19) Fresh Orange(22) 100% Apple Juice(28) 1% White Milk or 1% Chocolate Milk(11) <b>23 584:355:110</b>	<b>WG Bagel w/Cream cheese(29)</b> Fresh Gala Apple(29) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11) <b>24 508:422:84</b>	<b>WG Banana Muffin(31)</b> Giant Vanilla Goldfish (19) Mandarin Orange Cup (13) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) <b>25 533:380:89</b>	
<b>Lucky Charms(23)</b> WG Animal Crackers(22) Fresh Gala Apple(29) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11) <b>29 558:427:115</b>	<b>Trix Cereal Bar (29)</b> Giant Cinnamon Goldfish(19) Mandarin Orange Cup (13) 100% Apple Juice(28) 1% White Milk or 1% Chocolate Milk(11) <b>30 553:345:100</b>			



Thought for Thought

## Tips &amp; Information

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8/18/2025 11:59:04 AM

Nutrition Key -&gt; Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )

AvgCals:567 AvgSod(mg):387 AvgCarbs(g):104

## \*\*SCHOOLS ONLY\*\*

"or:" = An alternative selection to choose. "WG"=Whole Grain

1% White &amp; 1%Chocolate Milk

available daily. (GSRP-white milk only)

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

