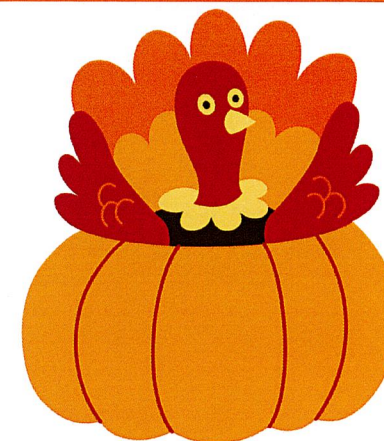


November, 2025

Summit Academy High School Breakfast

November, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Cinnamon Toast Crunch Cereal(22) WG Animal Crackers(22) Craisins(27) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)		Golden Grahams Cereal Bar (30) Giant Cinnamon Goldfish(19) Fresh Orange(22) 100% Apple Juice(28) 1% White Milk or 1% Chocolate Milk(11)	WG Banana Muffin(31) Giant Vanilla Goldfish (19) Mandarin Orange Cup (13) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	
3 560:405:112	4	5 584:355:110	6 533:380:89	7
Lucky Charms(23) WG Animal Crackers(22) Fresh Gala Apple(29) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)	Trix Cereal Bar (29) Giant Cinnamon Goldfish(19) Mandarin Orange Cup (13) 100% Apple Juice(28) 1% White Milk or 1% Chocolate Milk(11)	Dannon Nonfat Creamy Yogurt (15) WG Animal Crackers(22) Mixed Fruit Cup (18) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)	Apple Muffin(22) Giant Vanilla Goldfish (19) Fresh Banana(62) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	
10 558:427:115	11 Veterans Day! 553:345:100	12 440:300:81	13 657:412:129	14
Blueberry Chex Cereal (23) WG Animal Crackers(22) Diced Pear Cup (14) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)	Strawberry Nutri-grain Bar (30) Giant Cinnamon Goldfish(19) Craisins(27) 100% Apple Juice(28) 1% White or 1% Chocolate Milk(24)	WG Bagel w/Cream cheese(29) Fresh Gala Apple(29) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)	WG Blueberry Muffin(30) Giant Vanilla Goldfish (19) Fresh Orange(22) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	
17 515:425:100	18 650:300:128	19 508:422:84	20 554:405:97	21
Cinnamon Chex Cereal(23) WG Animal Crackers(22) Diced Peach Cup (21) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)	Double Chocolate Oatmeal Bar(24) Giant Cinnamon Goldfish(19) Fresh Orange(22) 100% Apple Juice(28) 1% White or 1% Chocolate Milk(24)			
24 530:405:107	25 624:260:117	26	27	28 Happy Thanksgiving!



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

9/15/2025 9:52:40 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:558 AvgSod(mg):372 AvgCarbs(g):105

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, 2025

Summit Academy High Lunch Menu

November, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Chicken on WG Bun(35) Maple Carrot Coins(15) Diced Peaches(28) 1% White or 1% Chocolate Milk(24)		Crispy Chicken Sandwich on WG Bun Potato Wedges(30) Fresh Orange(22) 1% White or 1% Chocolate Milk(24)	WG Pizza Slice (33) Fresh Broccoli & Ranch Dressing(2) Mandarin Orange(40) 1% White or 1% Chocolate Milk(24)	
3 583:573:102	4 No School	5 771:1444:111	6 761:997:99	7 No School
Cheeseburger Meatloaf on WW Bun Seasoned Corn(23) Diced Peaches(28) 1% White or 1% Chocolate Milk(24)	WG Chicken Tenders with WG Dinne Roll Maple Carrot Coins(15) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)	Walking Taco w/ WG Doritos (31) Fiesta Taco Black Beans (21) Fresh Orange(22) 1% White or 1% Chocolate Milk(24)	WG Pizza Slice (33) Romaine w/ Dressing(3) Pineapple Tidbits(38) 1% White or 1% Chocolate Milk(24)	
10 697:631:109	11 Veterans Day! 765:826:134	12 695:1173:99	13 699:838:98	14 No School
Chicken Fajita with Tortilla(34) Texas Ranchero Pinto Beans (20) Fruit mix(37) 1% White or 1% Chocolate Milk(24)	Turkey Kielbasa on WW Bun(30) Steamed Broccoli(5) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)	Turkey w/ Gravy and Dinner Roll(30) Mashed Potato(33) Warm Spiced Peaches (28) 1% White or 1% Chocolate Milk(24)	WG Pizza Slice (33) Baby Carrots w/Ranch (13) Mandarin Orange(40) 1% White or 1% Chocolate Milk(24)	
17 766:1066:115	18 681:946:121	19 734:1396:115	20 764:985:110	21 No School
Grilled Chicken Breast on WW Bun (27) Baked Beans(45) Diced Peaches(28) 1% White or 1% Chocolate Milk(24)	Chicken Strip Wrap w/ Ranch (34) Potato Wedges(30) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)			
24 735:1415:124	25 991:1686:150	26 No School	27	28 Happy Thanksgiving!



Thought for Thought

Tips & Information

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9/15/2025 9:52:13 PM

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

AvgCals:741 AvgSod(mg):1075 AvgCarbs(g):114

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