

July, 2026

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Summit High School Summer Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
		Bag Breakfast Double Chocolate Oatmeal Bar Diced Peach Cup (36)1% White Milk or 1% Chocolate Milk(11)		
300:230:47	300:230:47	1 300:230:47	2 No Program	3 No Program
6 No School	7 No School	8 No School	9 No Program	10 No Program
Bag Breakfast Cereal Bowl Cinnamon Chex 100% Juice (37)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Cinnamon Toast Crunch Cereal Bar 100% Juice (44)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Blueberry Nutri-grain Bar Pear Cup (45)1% White Milk or 1% Chocolate Milk(11)		
13 270:285:48	14 310:260:55	15 305:240:56	16 No Program	17 No Program
Breakfast Bag Golden Grahams Cereal bowl 100% Juice (37)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast WG Banana Muffin Diced Pear Cup (45)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Cinnamon Toast Crunch Cereal Bar Peach Cup (42)1% White Milk or 1% Chocolate Milk(11)		
20 270:365:48	21 355:230:56	22 300:255:53	23 No Program	24 No Program
Bag Breakfast Cocoa Puff Cereal Bar 100% Juice (43)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Cereal Bowl Blueberry Chex Pear Cup (37)1% White Milk or 1% Chocolate Milk(11)	Bag Breakfast Double Chocolate Oatmeal Bar Diced Peach Cup (36)1% White Milk or 1% Chocolate Milk(11)		
27 320:230:54	28 275:280:48	29 300:230:47	30 No Program	31 No Program



Thought for Thought

Tips & Information

On July 4, 1776, the Declaration of Independence was approved by the Continental Congress, setting the 13 colonies on the road to freedom as a sovereign nation. This most American of holidays will be marked by parades, fireworks and backyard barbecues across the country. The holiday was first observed in Philadelphia on July 8, 1776, at which time the Declaration of Independence was read aloud, city bells rang, and bands played. It was not declared a legal holiday, however, until 1941. **BASTILLE DAY** July 14th. This French Holiday symbolizes the birth of the Republic. It was declared a French Holiday in 1880.

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6/4/2026 3:00:22 PM

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

AvgCals:300 AvgSod(mg):251 AvgCarbs(g):50

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****