



Monday	Tuesday	Wednesday	Thursday	Friday
			Apple Muffin(22) Giant Vanilla Goldfish (19) 100% Orange Tangerine Juice(15) Fresh Banana(62) 1% White Milk or 1% Chocolate Milk(11)	
744:1145:106	744:1145:106	744:1145:106	1 657:377:129	2
Blueberry Chex Cereal (23) Cinnamon Bug Bites(21) 100% Fruit Punch Juice (30) Diced Pear Cup (14) 1% White Milk or 1% Chocolate Milk(11)	Strawberry Nutri-grain Bar (30) Giant Cinnamon Goldfish(19) 100% Apple Juice(28) Craisins(27) 1% White or 1% Chocolate Milk(20)	Cinnamon Raisin Bagel with Cream Cheese (32) 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) 100% Orange Tangerine Juice(15) Fresh Orange(22) 1% White Milk or 1% Chocolate Milk(11)	
5 515:390:99	6 630:480:124	7 528:462:87	8 554:370:97	9
Cinnamon Chex Cereal(23) Scooby Doo Cinnamon Graham Sticks(21) 100% Fruit Punch Juice (30) Diced Peach Cup (12) 1% White Milk or 1% Chocolate Milk(11)	Double Chocolate Oatmeal Bar(24) Giant Cinnamon Goldfish(19) 100% Apple Juice(28) Cinnamon Applesauce Cup(14) 1% White or 1% Chocolate Milk(20)	WG Blueberry Bagel with Cream Cheese (32) Fresh Gala Apple(29) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)	WG Banana Muffin(31) Giant Vanilla Goldfish (19) 100% Orange Tangerine Juice(15) Fresh Banana(62) 1% White Milk or 1% Chocolate Milk(11)	
12 500:405:97	13 570:450:105	14 528:462:87	15 722:347:138	16
Trix Cereal Bowl(24) WG Tiger Bites Grahams (21) 100% Fruit Punch Juice (30) Craisins(27) 1% White Milk or 1% Chocolate Milk(11)	Apple Cinnamon Nutri-grain Bar(31) Giant Cinnamon Goldfish(19) 100% Apple Juice(28) Diced Pear Cup (14) 1% White Milk or 1% Chocolate Milk(11)	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) Pineapple Tibits Cup (16) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	
19 560:415:113	20 545:420:103	21 528:432:84	22 530:376:91	23
Cocoa Puffs Cereal(25) Scooby Doo Cinnamon Graham Sticks(21) 100% Fruit Punch Juice (30) Craisins(27) 1% White Milk or 1% Chocolate Milk(11)	Cinnamon Toast Crunch Cereal Bar(30) Giant Cinnamon Goldfish(19) Fresh Gala Apple(29) 100% Apple Juice(28) 1% White Milk or 1% Chocolate Milk(11)	Dannon Nonfat Yogurt(10) WG Tiger Bites Grahams (21) 100% Grape Juice Box(15) Mixed Fruit Cup (15) 1% White Milk or 1% Chocolate Milk(11)	Apple Muffin(22) Giant Vanilla Goldfish (19) 100% Orange Tangerine Juice(15) Fresh Banana(62) 1% White Milk or 1% Chocolate Milk(11)	
26 570:370:114	27 598:407:117	28 420:315:72	29 657:377:129	30



Thought for Thought

Tips & Information

Halloween Fun Facts:

- 1) The holiday has been around for about 6000 years and it is believed to have originated around 4000 B.C. in Ireland.
- 2) Americans spend about \$6.9 billion on Halloween – most of it for candy, costumes and parties
- 3) Pumpkins are a fruit, not a vegetable
- 4) Candy corn was originally named "chicken feed"

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

9/16/2026 9:59:51 AM

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

AvgCals:599 AvgSod(mg):544 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

October, 2026

Summit Academy High Lunch Menu

October, 2026



Monday	Tuesday	Wednesday	Thursday	Friday
			WG Pizza Slice (33) Baby Carrots w/Ranch (13) Mandarin Orange(40) 1% White or 1% Chocolate Milk(20)	
744:1145:106	744:1145:106	744:1145:106	1 744:1145:106	2 No School
Crispy Chicken Sandwich on WG Bun (35) Baked Beans(45) Diced Peaches(28) 1% White or 1% Chocolate Milk(20)	Chicken Strip Wrap w/ Ranch (34) Potato Wedges(31) Fresh Banana(62) 1% White or 1% Chocolate Milk(20)	Walking Taco w/ WG Doritos (30) Romaine w/ Dressing(3) Mandarin Orange(40) 1% White or 1% Chocolate Milk(20)	WG Pizza Slice (33) Baby Carrots w/Ranch (13) Pineapple Tidbits(38) 1% White or 1% Chocolate Milk(20)	
5 815:1515:128	6 979:1882:147	7 712:954:93	8 721:1105:104	9 No School
Beef Sloppy Joe on WG Bun(36) Baked Beans(45) Diced Peaches(33) 1% White or 1% Chocolate Milk(20)	Beef Meatballs & Gravy with WW Dinner Roll(36) Seasoned Green Beans(7) Fresh Banana(62) 1% White or 1% Chocolate Milk(20)	WG Breaded Boneless Wings w/ Dinner Roll(28) Maple Carrot Coins(15) Diced Peaches(28) 1% White or 1% Chocolate Milk(20)	WG Pizza Slice (33) Fresh Broccoli & Ranch Dressing(2) Fruit mix(37) 1% White or 1% Chocolate Milk(20)	
12 772:1633:134	13 766:956:126	14 618:1044:91	15 728:1127:93	16 No School
Classic Cheeseburger on WW Bun(32) Baked Beans(45) Diced Peaches(28) 1% White or 1% Chocolate Milk(20)	WG Chicken Nuggets w/ WG Dinner Roll(30) Potato Wedges(31) Fresh Banana(62) 1% White or 1% Chocolate Milk(20)	WG Chicken Tenders with WG Dinne Roll (33) Tossed Salad with Ranch(3) Diced Peaches(28) 1% White or 1% Chocolate Milk(20)	WG Pizza Slice (33) Baby Carrots w/Ranch (13) Diced Peaches(33) 1% White or 1% Chocolate Milk(20)	
19 820:1710:125	20 847:1812:143	21 668:1146:84	22 696:1116:99	23 No School
BBQ Beef Rib Patty on WG Bun(46) Maple Carrot Coins(15) Pineapple Tidbits(38) 1% White or 1% Chocolate Milk(20)	Beef Hot Dog on WW Bun(30) Potato Wedges(31) Fresh Banana(62) 1% White or 1% Chocolate Milk(20)	Chicken Tender Wrap w/ BBQ Sauce (38) Seasoned Green Beans(7) Mandarin Orange(40) 1% White or 1% Chocolate Milk(20)	WG Pizza Slice (33) Romaine w/ Dressing(3) Fruit mix(37) 1% White or 1% Chocolate Milk(20)	
26 731:1274:119	27 897:2027:143	28 716:921:105	29 691:1009:93	30 No School



Thought for Thought

Tips & Information

Halloween Fun Facts:

- 1) The holiday has been around for about 6000 years and it is believed to have originated around 4000 B.C. in Ireland.
- 2) Americans spend about \$6.9 billion on Halloween – most of it for candy, costumes and parties
- 3) Pumpkins are a fruit, not a vegetable
- 4) Candy corn was originally named "chicken feed"

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

9/16/2026 9:59:23 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:757 AvgSod(mg):1283 AvgCarbs(g):112

****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****