

April, 2024

Summit Academy Middle School Breakfast

April, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Golden Grahams Animal Grahams Mixed Fruit Cup 100% Juice Orange 1% White Milk or 1% Chocolate Milk 1	ZZ Bar Apple Crisp Diced Pear Cup 100% Apple Juice 1% White Milk or 1% Chocolate Milk 2	Ultimate Breakfast Bar Craisins 100% Apple Juice 1% White Milk or 1% Chocolate Milk 3	Cinnamon ZZ Bar Fresh Apple 1% White Milk or 1% Chocolate Milk 4	5
Cinnamon Toast Crunch Cereal Animal Grahams Diced Peach Cup 100% Apple Juice 1% White Milk or 1% Chocolate Milk 8	Strawberry PopTart Pineapple Tibits Cup 100% Juice Orange 1% White Milk or 1% Chocolate Milk 9	WG Bagel w/Cream cheese Fresh Apple 1% White Milk or 1% Chocolate Milk 10	WG Banana Muffin Giant Vanilla Goldfish Mixed Berry Applesauce Cup 100% Apple Juice 1% White Milk or 1% Chocolate Milk 11	12
Cocoa Puff Cereal Bar Animal Grahams Fresh Orange 100% Apple Juice 1% White Milk or 1% Chocolate Milk 15	ZZ Bar Blueberry Lemon Craisins 100% Juice Orange 1% White Milk or 1% Chocolate Milk 16	Ultimate Breakfast Bar Craisins 100% Apple Juice 1% White Milk or 1% Chocolate Milk 17	Double Chocolate Chip Muffin Giant Vanilla Goldfish Fresh Apple 1% White Milk or 1% Chocolate Milk 18	19
Raisin Bran Bowl Animal Grahams Mandarin Orange Cup 100% Apple Juice 1% White Milk or 1% Chocolate Milk 22	ZZ Bar Cinnamon Diced Pear Cup 100% Apple Juice 1% White Milk or 1% Chocolate Milk 23	WG Bagel w/Cream cheese Fresh Apple 1% White Milk or 1% Chocolate Milk 24	WG Frosted Cinnamon Poptart Applesauce Cup 100% Apple Juice 1% White Milk or 1% Chocolate Milk 25	26
Frosted Flakes Chat Snack Graham crackers Pineapple Tibits Cup 100% Apple Juice 1% White Milk or 1% Chocolate Milk 29	Breakfast Nutrition Bar Mixed Fruit Cup 100% Juice Orange 1% White Milk or 1% Chocolate Milk 30			

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Thought for Thought

Recycling Information

Recycling can help to reduce the amount of items going into your garbage each week and will ensure that you're contributing to a sustainable and long-term commitment by many communities across the world to making the most of our resources. By recycling regularly, you show other people that it is possible, a good thing to do and that it makes a difference.

3/19/2024 12:08:57 PM

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



Menu Subject to Change

April, 2024

Summit Academy Middle School Lunch

April, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Beef Meatballs w/Bun(44) Baked Green Beans(5) Fresh Apple(29) 1% White or 1% Chocolate Milk(24)	Chicken Tenders w/ Dinner Roll(35) Potato Wedges(30) 100% Juice Orange (15) 1% White or 1% Chocolate Milk(24)	Chef Salad w/ WW Pita(35) Romaine w/ Dressing(4) Diced Pears(16) 1% White or 1% Chocolate Milk(24)	WG Pizza Slice (31) Baby Carrots w/Ranch (10) Cinnamon Applesauce Cup(14) 1% White or 1% Chocolate Milk(24)	
1 620:657:102	2 767:1589:104	3 581:1093:80	4 467:862:79	5 No School
	Italian Meatball Sub on WG Bun(35) Italian Blend Vegetable(7) Fresh Apple(29) 1% White or 1% Chocolate Milk(24)	Cheesy Taco Penne(20) Seasoned Corn(17) Fresh Orange(11) 1% White or 1% Chocolate Milk(24)	WG Pizza Slice (31) Baby Carrots w/Ranch (10) Cinnamon Applesauce Cup(14) 1% White or 1% Chocolate Milk(24)	
8 No Program	9 610:521:95	10 465:338:72	11 467:862:79	12 No School
All-American Hamburger w/ WW Bun(31) Baked Beans(44) Diced Peaches(15) 1% White or 1% Chocolate Milk(24)	Chicken Fajita with Tortilla(18) Marvelous Mixed Veggies(15) Fresh Orange(11) 1% White or 1% Chocolate Milk(24)	Cheese Omelette w/Biscuit (28) Seasoned Roasted Potatoes (32) Fresh Apple(29) 1% White or 1% Chocolate Milk(24)	WG Pizza Slice (31) Baby Carrots w/Ranch (10) Cinnamon Applesauce Cup(14) 1% White or 1% Chocolate Milk(24)	
15 758:868:114	16 744:702:68	17 761:1057:113	18 467:862:79	19 No School
Baked Spaghetti w/ Dinner Roll(44) Steamed Broccoli(4) Fresh Apple(29) 1% White or 1% Chocolate Milk(24)	Breaded Chicken Patty on WW Bun(43) Baked Beans(44) Diced Pears(16) 1% White or 1% Chocolate Milk(24)	Cheeseburger Mac w/Dinner Roll(39) Seasoned Corn(17) Fresh Orange(11) 1% White or 1% Chocolate Milk(24)	WG Pizza Slice (31) Baby Carrots w/Ranch (10) Cinnamon Applesauce Cup(14) 1% White or 1% Chocolate Milk(24)	
22 621:435:101	23 850:1119:127	24 655:1049:92	25 467:862:79	26 No School
Classic Cheeseburger on WW Bun(32) Baked Beans(44) Diced Peaches(15) 1% White or 1% Chocolate Milk(24)	Texas Style Chicken Drumstick w/Dinner Roll(25) Seasoned Corn(17) Diced Pears(16) 1% White or 1% Chocolate Milk(24)			
29 813:1093:115	30 609:796:82	620:657:102	620:657:102	620:657:102

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Thought for Thought

Time & Information

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3/18/2024 2:48:39 PM

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

AvgCals:628 AvgSod(mg):820 AvgCarbs(g):95

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1% White & 1%Chocolate Milk
available daily.



Menu Subject to Change

April, 2024

Summit Academy Middle School Snack

April, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
RF Nacho Cheese Doritos (20) 100% Tropical Punch Juice Box(24)	WG Cheetos Puffs (13) 100% Orange Tangerine Juice Box(24)	WG Harvest Cheddar Sunchips (19) 100% Apple Juice Box(24)	WG Cheez Its(14) 100% Grape Juice Box(24)	
1 230:225:44	2 190:165:37	3 240:225:43	4 200:165:38	5
	RF Cool Ranch Doritos(18) 100% Apple Juice Box(24)	Chat Snack Graham crackers(21) 100% Grape Juice Box(24)	WG Cheetos Puffs (13) 100% Tropical Punch Juice Box(24)	
8 No Program	9 250:215:42	10 220:130:45	11 190:165:37	12
Cinnamon Bug Bites(21) 100% Apple Juice Box(24)	WG Garden Salsa Sunchips (19) 100% Grape Juice Box(24)	Simply Chex Cheddar (20) 100% Tropical Punch Juice Box(24)	WG Cheetos Puffs (13) 100% Orange Tangerine Juice Box(24)	
15 220:140:45	16 240:165:43	17 210:155:44	18 190:165:37	19
WG Pretzels (16) 100% Grape Juice Box(24)	RF Cool Ranch Doritos(18) 100% Tropical Punch Juice Box(24)	Chat Snack Graham crackers(21) 100% Orange Tangerine Juice Box(24)	Simply Chex Cheddar (20) 100% Apple Juice Box(24)	
22 180:225:40	23 250:215:42	24 220:130:45	25 210:155:44	26
RF Nacho Cheese Doritos (20) 100% Tropical Punch Juice Box(24)	WG Cheetos Puffs (13) 100% Orange Tangerine Juice Box(24)			
29 230:225:44	30 190:165:37	620:657:102	620:657:102	620:657:102

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:307 AvgSod(mg):287 AvgCarbs(g):55

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1% White & 1%Chocolate Milk
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Menu Subject to Change