


# Summit Academy Middle School Breakfast

		<p><b>Ultimate Breakfast Round(44)</b> Craisins(27) 100% Apple Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>Cocoa Puffs Cereal(25)</b>  Animal Grahams(22) Fresh Apple(29) 1% White Milk or 1% Chocolate Milk(11)</p>	
670:877:115	670:877:115	1 540:365:97	2 438:395:87	3
<p><b>Froot Loops Cereal(24)</b>  Animal Grahams(22) Diced Pear Cup (14) 100% Juice Orange (15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>Cinnamon Toast Crunch Cereal(22)</b> Giant Vanilla Goldfish (19) Fresh Orange(11) 100% Apple Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>WG Bagel w/Cream cheese(30)</b> Fresh Apple(29) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>Blueberry Nutri-grain Bar (30)</b> Animal Grahams(22) Cinnamon Applesauce Cup(14) 100% Apple Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p>	
6 435:410:86	7 442:390:78	8 438:440:70	9 480:390:92	10
<p><b>Strawberry Cheerio Bar (30)</b> Mixed Fruit Cup (11) 100% Juice Orange (15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>Double Chocolate Oatmeal Bar(24)</b> Giant Vanilla Goldfish (19) Fresh Apple(29) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>Ultimate Breakfast Round(44)</b> Applesauce Cup(14) 100% Juice Orange (15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>Apple Cinnamon Nutri-grain Bar(30)</b> Giant Cinnamon Goldfish(19) Craisins(27) 100% Apple Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p>	
13 358:210:67	14 478:335:83	15 480:380:84	16 540:385:102	17
<p><b>Golden Grahams(24)</b> Animal Grahams(22) Diced Peach Cup (21) 100% Apple Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>Frosted Flakes(24)</b> Animal Grahams(22) Pineapple Tibits Cup (15) 100% Juice Orange (15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>WG Bagel w/Cream cheese(30)</b> Fresh Apple(29) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>WG Banana Muffin(31)</b> Giant Vanilla Goldfish (19) Mixed Berry Applesauce Cup(13) 100% Apple Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p>	
20 470:460:93	21 456:436:87	22 438:440:70	23 530:355:89	24
	<p><b>Apple Jacks(24)</b> Giant Vanilla Goldfish (19) Applesauce(14) 100% Juice Orange (15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>Ultimate Breakfast Round(44)</b> Craisins(27) 100% Apple Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p>	<p><b>Double Chocolate Chip Muffin(27)</b> Giant Vanilla Goldfish (19) Fresh Apple(29) 1% White Milk or 1% Chocolate Milk(11)</p>	
27 <b>Memorial Day!</b>	28 431:392:83	29 540:365:97	30 508:330:86	31



**CINCO DE MAYO**

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Thought for Thought

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Tips & Information

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4/18/2024 11:03:35 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:508 AvgSod(mg):475 AvgCarbs(g):91

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



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



# Summit Academy Middle School Lunch

		BBQ Beef Meatballs w/Bun(57) Baked Green Beans(5) 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)		
670:877:115	670:877:115	1 670:877:115	2 467:862:79	3	No School
2 Beef Tacos with WG Flour Tortilla (33) Corn Obrien(17) Diced Pears(16) 1% White or 1% Chocolate Milk(24)	Cheezy Taco Penne (20) Fresh Broccoli & Ranch Dressing(1) Fresh Apple(29) 1% White or 1% Chocolate Milk(24)	Beef & Cheese Nachos w/ WG Corn Chips (39) Tossed Salad with Ranch(1) Diced Peaches(14) 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)		
6 717:749:91	7 535:546:75	8 702:799:78	9 467:862:79	10	No School
All-American Hamburger w/ WW Bun(31) Baked Beans(44) Fresh Apple(29) 1% White or 1% Chocolate Milk(24)	Mini Cheese Calzones (42) Seasoned Corn(17) Cinnamon Applesauce Cup(14) 1% White or 1% Chocolate Milk(24)	Asian Chicken w/ Brown Rice(41) Asian Vegetable Blend (6) 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)		
13 800:857:128	14 605:598:97	15 537:565:82	16 467:862:79	17	No School
Beef Hot Dog on WW Bun(30) Baked Beans(44) Diced Peaches(14) 1% White or 1% Chocolate Milk(24)	Cheeseburger Meatloaf on WW Bun (34) Potato Wedges(30) Fresh Apple(29) 1% White or 1% Chocolate Milk(24)	Sweet & Sour Chicken Meatballs with Brown Baked Green Beans(5) 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)		
20 774:1098:112	21 765:1544:117	22 686:534:88	23 467:862:79	24	No School
	Chicken Fajita with Tortilla(18) Mexican Pinto Beans(31) 100% Juice Orange (15) 1% White or 1% Chocolate Milk(24)	Italian Meatball Sub on WG Bun(35) Baked Green Beans(5) 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)		
27 Memorial Day!	28 624:1238:88	29 552:497:81	30 467:862:79	31	No School



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Thought for Thought

Tips & Information

4/17/2024 7:56:28 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:618 AvgSod(mg):843 AvgCarbs(g):95

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



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



# Summit Academy Middle School Snack

		WG Harvest Cheddar Sunchips (19) 100% Apple Juice Box(24)	WG Cheez Its(14) 100% Grape Juice Box(24)	
670:877:115	670:877:115	1 240:225:43	2 200:165:38	3
Apple Cinnamon Nutri-grain Bar(30) 100% Orange Tangerine Juice Box(24)	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)	
6 250:175:54	7 250:215:42	8 220:130:45	9 190:165:37	10
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)	
13 220:140:45	14 240:165:43	15 210:155:44	16 190:165:37	17
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)	
20 180:225:40	21 250:215:42	22 220:130:45	23 210:155:44	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)	
27 Memorial Day!	28 190:165:37	29 240:225:43	30 200:165:38	31



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Thought for Thought

Tips & Information

4/17/2024 7:57:13 AM  
Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:303 AvgSod(mg):308 AvgCarbs(g):56

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1% White & 1%Chocolate Milk available daily.



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