

October, 2025

## Summit Academy Middle School Breakfast

October, 2025



Monday	Tuesday	Wednesday	Thursday	Friday
		WG Bagel w/Cream cheese(29)  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(31) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	
583:829:67	583:829:67	1 480:420:73	2 536:411:98	3
Blueberry Chex Cereal (23)  WG Animal Crackers(22) Diced Pear Cup (14) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11)	Strawberry Nutri-grain Bar (30)  Giant Cinnamon Goldfish(19) Craisins(27) 100% Apple Juice(14) 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(11) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	
6 455:420:85	7 590:295:114	8 508:422:84	9 512:405:86	10
Cinnamon Chex Cereal(23)  WG Animal Crackers(22) Diced Peach Cup (21) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11)	Double Chocolate Oatmeal Bar(24)  Giant Cinnamon Goldfish(19) Fresh Orange(11) 100% Apple Juice(14) 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)	Double Chocolate Chip Muffin(27)  Giant Vanilla Goldfish (19) Fresh Banana(31) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	
13 470:400:92	14 522:255:92	15 508:422:84	16 581:376:103	17
Trix Cereal Bowl(24)  WG Animal Crackers(22) Craisins(27) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11)	Apple Cinnamon Nutri-grain Bar(30)  Giant Cinnamon Goldfish(19) Diced Pear Cup (14) 100% Apple Juice(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 Banana Muffin(31)  Giant Vanilla Goldfish (19) Pineapple Tibits Cup (16) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	
20 500:380:99	21 485:385:88	22 508:422:84	23 540:386:92	24
Cocoa Puffs Cereal(25)  WG Animal Crackers(22) Craisins(27) 100% Fruit Punch Juice (15) 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(14) 1% White Milk or 1% Chocolate Milk(11)	WG Bagel w/Cream cheese(29)  Mixed Fruit Cup (18) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)	WG Blueberry Muffin(30)  Giant Vanilla Goldfish (19) Fresh Banana(31) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	
27 500:400:100	28 538:372:103	29 480:420:73	30 591:406:106	31 Happy Halloween!



Thought for Thought

## Tips &amp; 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 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

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:528 AvgSod(mg):468 AvgCarbs(g):87

## \*\*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, 2025

## Summit Academy Middle School Lunch

October, 2025



Monday	Tuesday	Wednesday	Thursday	Friday
		Walking Taco w/ WG Doritos (31)  Tossed Salad with Ranch(1) Fresh Orange(11) 1% White or 1% Chocolate Milk(24)	WG Pizza Slice (33)  Baby Carrots w/Ranch (10) Mandarin Orange(20) 1% White or 1% Chocolate Milk(24)	
583:829:67	583:829:67	1 583:829:67	2 661:937:87	3
Grilled Chicken Breast on WW Bun (27)  Baked Beans(45) Diced Peaches(14) 1% White or 1% Chocolate Milk(24)	Chicken Strip Wrap w/ Ranch (34)  Potato Wedges(30) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)	Grilled Chicken Salad(31)  Romaine w/ Dressing(3) Mandarin Orange(20) 1% White or 1% Chocolate Milk(24)	WG Pizza Slice (33)  Baby Carrots w/Ranch (10) Pineapple Tidbits(19) 1% White or 1% Chocolate Milk(24)	
6 675:1405:110	7 870:1685:119	8 670:1065:78	9 649:917:86	10
Beef Sloppy Joe on WG Bun(36)  Baked Beans(45) Diced Peaches(16) 1% White or 1% Chocolate Milk(24)	Beef Meatballs & Gravy with WW Dinner Roll(22)  Seasoned Green Beans(5) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)	WG Breaded Boneless Wings w/ Dinner Roll(28)  Maple Carrot Coins(13) Fresh Orange(11) 1% White or 1% Chocolate Milk(24)	WG Pizza Slice (33)  Fresh Broccoli & Ranch Dressing(1) Fruit mix(19) 1% White or 1% Chocolate Milk(24)	
13 729:1477:121	14 578:654:83	15 551:850:76	16 623:842:78	17
Classic Cheeseburger on WW Bun(32)  Potato Wedges(30) Diced Peaches(14) 1% White or 1% Chocolate Milk(24)	BBQ Drumstick (40)  Baked Beans(45) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)	Walking Taco w/ WG Doritos (31)  Tossed Salad with Ranch(1) Fresh Orange(11) 1% White or 1% Chocolate Milk(24)	WG Pizza Slice (33)  Baby Carrots w/Ranch (10) Diced Peaches(16) 1% White or 1% Chocolate Milk(24)	
20 752:1649:100	21 856:1736:140	22 583:829:67	23 637:923:83	24
BBQ Beef Rib Patty on WG Bun(47)  Maple Carrot Coins(13) Pineapple Tidbits(19) 1% White or 1% Chocolate Milk(24)	Chicken in Gravy w/ Dinner Roll(16)  Mashed Potato(33) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)	Honey Mustard Chicken Wrap (47)  Seasoned Green Beans(5) Mandarin Orange(20) 1% White or 1% Chocolate Milk(24)	WG Pizza Slice (33)  Romaine w/ Dressing(3) Fruit mix(19) 1% White or 1% Chocolate Milk(24)	
27 673:1050:103	28 656:970:104	29 738:956:96	30 629:843:79	31 Happy Halloween!



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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:656 AvgSod(mg):1042 AvgCarbs(g):88

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