Summit Academy Middle School Breakfast

October, 2025



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---------------------|
| | | WG Bagel w/Cream cheese(29) | Apple Muffin(22) | |
| | | Mixed Fruit Cup (18) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11) | Giant Vanilla Goldfish (19) Fresh Banana(31) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) | |
| F92-920-67 | 592,920,67 | 1 480:420:73 | 2 536:411:98 | 3 |
| 583:829:67 Blueberry Chex Cereal (23) | 583:829:67 Strawberry Nutri-grain Bar (30) | 1 480:420:73 WG Bagel w/Cream cheese(29) | 2 536:411:98 WG Blueberry Muffin(30) | 3 |
| | , g (, | | (00) | |
| WG Animal Crackers(22) Diced Pear Cup (14) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11) | Giant Cinnamon Goldfish(19) Craisins(27) 100% Apple Juice(14) 1% White or 1% Chocolate Milk(24) | Fresh Gala Apple(29) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11) | 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) | Double Chocolate Oatmeal Bar(24) | WG Bagel w/Cream cheese(29) | Double Chocolate Chip Muffin(27) | |
| WG Animal Crackers(22) Diced Peach Cup (21) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11) | Giant Cinnamon Goldfish(19) Fresh Orange(11) 100% Apple Juice(14) 1% White or 1% Chocolate Milk(24) | Fresh Gala Apple(29) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11) | 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) | Apple Cinnamon Nutri-grain | WG Bagel w/Cream cheese(29) | WG Banana Muffin(31) | |
| WG Animal Crackers(22) Craisins(27) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11) | Bar(30) Giant Cinnamon Goldfish(19) Diced Pear Cup (14) 100% Apple Juice(14) 1% White Milk or 1% Chocolate Milk(11) | Fresh Gala Apple(29) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11) | 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) | Cinnamon Toast Crunch Cereal Bar(30) | WG Bagel w/Cream cheese(29) | WG Blueberry Muffin(30) | - 3 |
| WG Animal Crackers(22) Craisins(27) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11) | Giant Cinnamon Goldfish(19) Fresh Gala Apple(29) 100% Apple Juice(14) 1% White Milk or 1% Chocolate Milk(11) | Mixed Fruit Cup (18) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11) | 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 & Information

Halloween Fun Facts:

- The holiday has been around for about 6000 years and it is believed to have originated around 4000 B.C. in Ireland.
- Americans spend about \$6.9 billion on Halloween – most of it for candy, costumes and parties
- 3) Pumpkins are a fruit, not a vegetable4) Candy corn was originally named "chicken feed"

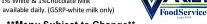
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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:528 AvgSod(mg):468 AvgCarbs(g):87

SCHOOLS ONLY

"or:" = An alternative selection to choose. "WG"=Whole Grain 1% White & 1%Chocolate Milk available daily. (GSRP-white milk o



Menu Subject to Change

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October, 2025





Thought for Thought

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

SCHOOLS ONLY

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