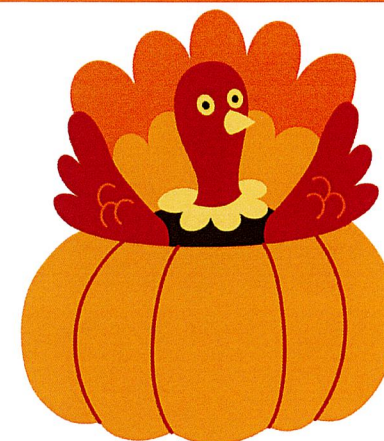


November, 2025

# Summit Academy Middle School Breakfast

November, 2025

| Monday                                                                                                                                                      | Tuesday                                                                                                                                                  | Wednesday                                                                                                                                                       | Thursday                                                                                                                                                            | Friday                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| <b>Cinnamon Toast Crunch Cereal(22)</b><br>WG Animal Crackers(22)<br>Craisins(27)<br>100% Fruit Punch Juice (15)<br>1% White Milk or 1% Chocolate Milk(11)  |                                                                                                                                                          | <b>Golden Grahams Cereal Bar (30)</b><br>Giant Cinnamon Goldfish(19)<br>Fresh Orange(11)<br>100% Apple Juice(14)<br>1% White Milk or 1% Chocolate Milk(11)      | <b>WG Banana Muffin(31)</b><br>Giant Vanilla Goldfish (19)<br>Mandarin Orange Cup (13)<br>100% Orange Tangerine Juice(15)<br>1% White Milk or 1% Chocolate Milk(11) |                               |
| 3 500:400:97                                                                                                                                                | 4                                                                                                                                                        | 5 482:350:85                                                                                                                                                    | 6 533:380:89                                                                                                                                                        | 7                             |
| <b>Lucky Charms(23)</b><br>WG Animal Crackers(22)<br>Fresh Gala Apple(29)<br>100% Fruit Punch Juice (15)<br>1% White Milk or 1% Chocolate Milk(11)          | <b>Trix Cereal Bar (29)</b><br>Giant Cinnamon Goldfish(19)<br>Mandarin Orange Cup (13)<br>100% Apple Juice(14)<br>1% White Milk or 1% Chocolate Milk(11) | <b>Dannon Nonfat Creamy Yogurt (15)</b><br>WG Animal Crackers(22)<br>Mixed Fruit Cup (18)<br>100% Grape Juice Box(15)<br>1% White Milk or 1% Chocolate Milk(11) | <b>Apple Muffin(22)</b><br>Giant Vanilla Goldfish (19)<br>Fresh Banana(31)<br>100% Orange Tangerine Juice(15)<br>1% White Milk or 1% Chocolate Milk(11)             |                               |
| 10 498:422:100                                                                                                                                              | 11 <b>Veterans Day!</b><br>493:340:86                                                                                                                    | 12 440:300:81                                                                                                                                                   | 13 536:411:98                                                                                                                                                       | 14                            |
| <b>Blueberry Chex Cereal (23)</b><br>WG Animal Crackers(22)<br>Diced Pear Cup (14)<br>100% Fruit Punch Juice (15)<br>1% White Milk or 1% Chocolate Milk(11) | <b>Strawberry Nutri-grain Bar (30)</b><br>Giant Cinnamon Goldfish(19)<br>Craisins(27)<br>100% Apple Juice(14)<br>1% White or 1% Chocolate Milk(24)       | <b>WG Bagel w/Cream cheese(29)</b><br>Fresh Gala Apple(29)<br>100% Grape Juice Box(15)<br>1% White Milk or 1% Chocolate Milk(11)                                | <b>WG Blueberry Muffin(30)</b><br>Giant Vanilla Goldfish (19)<br>Fresh Orange(11)<br>100% Orange Tangerine Juice(15)<br>1% White Milk or 1% Chocolate Milk(11)      |                               |
| 17 455:420:85                                                                                                                                               | 18 590:295:114                                                                                                                                           | 19 508:422:84                                                                                                                                                   | 20 512:405:86                                                                                                                                                       | 21                            |
| <b>Cinnamon Chex Cereal(23)</b><br>WG Animal Crackers(22)<br>Diced Peach Cup (21)<br>100% Fruit Punch Juice (15)<br>1% White Milk or 1% Chocolate Milk(11)  | <b>Double Chocolate Oatmeal Bar(24)</b><br>Giant Cinnamon Goldfish(19)<br>Fresh Orange(11)<br>100% Apple Juice(14)<br>1% White or 1% Chocolate Milk(24)  |                                                                                                                                                                 |                                                                                                                                                                     |                               |
| 24 470:400:92                                                                                                                                               | 25 522:255:92                                                                                                                                            | 26                                                                                                                                                              | 27                                                                                                                                                                  | 28 <b>Happy Thanksgiving!</b> |
|                                                                                                                                                             |                                                                                                                                                          |                                                                                                                                                                 |                                                                                                                                                                     |                               |



Thought for Thought

## Tips & Information

Abraham Lincoln declared Thanksgiving a national holiday on October 3, 1863. Sarah Josepha Hale, the woman who wrote "Mary Had A Little Lamb," convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
 AvgCals:503 AvgSod(mg):369 AvgCarbs(g):91

### \*\*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\*\*

November, 2025

# Summit Academy Middle School Lunch

November, 2025

| Monday                                                                                                                           | Tuesday                                                                                                                         | Wednesday                                                                                                                        | Thursday                                                                                                                     | Friday                 |
|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|------------------------|
| <b>BBQ Chicken on WG Bun(35)</b><br>Maple Carrot Coins(13)<br>Diced Peaches(14)<br>1% White or 1% Chocolate Milk(24)             |                                                                                                                                 | <b>Crispy Chicken Sandwich on WG Bun</b><br>Potato Wedges(30)<br>Fresh Orange(11)<br>1% White or 1% Chocolate Milk(24)           | <b>WG Pizza Slice (33)</b><br>Fresh Broccoli & Ranch Dressing(1)<br>Mandarin Orange(20)<br>1% White or 1% Chocolate Milk(24) |                        |
| 3 514:549:86                                                                                                                     | 4 No School                                                                                                                     | 5 729:1444:100                                                                                                                   | 6 626:857:78                                                                                                                 | 7 No School            |
| <b>Cheeseburger Meatloaf on WW Bun</b><br>Seasoned Corn(17)<br>Diced Peaches(14)<br>1% White or 1% Chocolate Milk(24)            | <b>WG Chicken Tenders with WG Dinne Roll</b><br>Maple Carrot Coins(13)<br>Fresh Banana(31)<br>1% White or 1% Chocolate Milk(24) | <b>Walking Taco w/ WG Doritos (31)</b><br>Fiesta Taco Black Beans (21)<br>Fresh Orange(11)<br>1% White or 1% Chocolate Milk(24)  | <b>WG Pizza Slice (33)</b><br>Romaine w/ Dressing(3)<br>Pineapple Tidbits(19)<br>1% White or 1% Chocolate Milk(24)           |                        |
| 10 613:621:89                                                                                                                    | 11 Veterans Day!<br>635:811:101                                                                                                 | 12 653:1173:88                                                                                                                   | 13 620:838:79                                                                                                                | 14 No School           |
| <b>Chicken Fajita with Tortilla(19)</b><br>Texas Ranchero Pinto Beans (20)<br>Fruit mix(19)<br>1% White or 1% Chocolate Milk(24) | <b>Turkey Kielbasa on WW Bun(30)</b><br>Steamed Broccoli(4)<br>Fresh Banana(31)<br>1% White or 1% Chocolate Milk(24)            | <b>Turkey w/ Gravy and Dinner Roll(16)</b><br>Mashed Potato(33)<br>Warm Spiced Peaches (14)<br>1% White or 1% Chocolate Milk(24) | <b>WG Pizza Slice (33)</b><br>Baby Carrots w/Ranch (10)<br>Mandarin Orange(20)<br>1% White or 1% Chocolate Milk(24)          |                        |
| 17 596:986:82                                                                                                                    | 18 553:939:89                                                                                                                   | 19 594:1246:87                                                                                                                   | 20 661:937:87                                                                                                                | 21 No School           |
| <b>Grilled Chicken Breast on WW Bun (27)</b><br>Baked Beans(45)<br>Diced Peaches(14)<br>1% White or 1% Chocolate Milk(24)        | <b>Chicken Strip Wrap w/ Ranch (34)</b><br>Potato Wedges(30)<br>Fresh Banana(31)<br>1% White or 1% Chocolate Milk(24)           |                                                                                                                                  |                                                                                                                              |                        |
| 24 675:1405:110                                                                                                                  | 25 870:1685:119                                                                                                                 | 26 No School                                                                                                                     | 27                                                                                                                           | 28 Happy Thanksgiving! |
|                                                                                                                                  |                                                                                                                                 |                                                                                                                                  |                                                                                                                              |                        |



Thought for Thought

## Tips & Information

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Nutrition Key -&gt; Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )

AvgCals:641 AvgSod(mg):1037 AvgCarbs(g):91

### \*\*SCHOOLS ONLY\*\*

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