

Summit Academy Middle School Breakfast



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Trix Cereal Bowl(24) WG Tiger Bites Grahams (21) Craisins(27) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>4 500:410:98</p>	<p>Apple Cinnamon Nutri-grain Bar(31) Giant Cinnamon Goldfish(19) Diced Pear Cup (14) 100% Apple Juice(14) 1% White Milk or 1% Chocolate Milk(11)</p> <p>5 Cinco de Mayo 485:415:89</p>	<p>Dannon Nonfat Ynourt(15) Giant Vanilla Goldfish (19) Fresh Gala Apple(29) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>6 488:302:89</p>	<p>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)</p> <p>7 540:351:92</p>	
<p>Cocoa Puffs Cereal(25) WG Tiger Bites Grahams (21) Craisins(27) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>11 510:375:99</p>	<p>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)</p> <p>12 538:402:103</p>	<p>WG Blueberry Bagel with Cream Cheese (32) Mixed Fruit Cup (15) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>13 480:460:73</p>	<p>WG Blueberry Muffin(30) Giant Vanilla Goldfish (19) Fresh Banana(31) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>14 591:371:106</p>	
<p>Cinnamon Toast Crunch Cereal(22) WG Tiger Bites Grahams (21) Craisins(27) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>18 500:410:96</p>	<p>Golden Grahams Cereal Bar (30) Giant Cinnamon Goldfish(19) Fresh Orange(11) 100% Apple Juice(14) 1% White Milk or 1% Chocolate Milk(11)</p> <p>19 482:380:85</p>	<p>Cinnamon Raisin Bagel with Cream Cheese (32) Fresh Gala Apple(29) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>20 528:462:87</p>	<p>WG Banana Muffin(31) Giant Vanilla Goldfish (19) Mandarin Orange Cup (20) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>21 560:345:96</p>	
	<p>Trix Cereal Bar (29) Giant Cinnamon Goldfish(19) Mandarin Orange Cup (20) 100% Apple Juice(14) 1% White Milk or 1% Chocolate Milk(11)</p> <p>26 Memorial Day! 520:370:93</p>	<p>WG Bagel w/Cream cheese (29) Mixed Fruit Cup (15) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>27 480:430:70</p>	<p>Apple Muffin(22) Giant Vanilla Goldfish (19) Fresh Banana(31) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>28 536:376:98</p>	



Thought for Thought



Tips & Information



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3/21/2026 2:24:20 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:515 AvgSod(mg):390 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****

Summit Academy Middle School Lunch



Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 Beef Tacos with WG Flour Tortilla (34) Texas Ranchero Pinto Beans (22) Fruit mix(19) 1% White or 1% Chocolate Milk(20)</p> <p>4 767:1496:96</p>	<p>Taco Salad w/ Tortilla Chins(31) Tossed Salad with Ranch(2) Fresh Banana(31) 1% White or 1% Chocolate Milk(20)</p> <p>Cinco de Mayo 644:854:85</p>	<p>Chicken and Cheese Burrito with Beans on Seasoned Corn(17) Pineapple Tidbits(19) 1% White or 1% Chocolate Milk(20)</p> <p>6 563:691:81</p>	<p>WG Pizza Slice (33) Baby Carrots w/Ranch (10) Mandarin Orange(20) 1% White or 1% Chocolate Milk(20)</p> <p>7 641:1097:83</p>	
<p>Crispy Chicken Sandwich on WG Bun (35) Baked Beans(45) Diced Peaches(14) 1% White or 1% Chocolate Milk(20)</p> <p>11 755:1505:114</p>	<p>Chicken Strip Wrap w/ Ranch (34) Potato Wedges(31) Fresh Banana(31) 1% White or 1% Chocolate Milk(20)</p> <p>12 858:1881:116</p>	<p>Grilled Chicken Salad(31) Romaine w/ Dressing(3) Mandarin Orange(20) 1% White or 1% Chocolate Milk(20)</p> <p>13 652:1226:74</p>	<p>WG Pizza Slice (33) Baby Carrots w/Ranch (10) Pineapple Tidbits(19) 1% White or 1% Chocolate Milk(20)</p> <p>14 629:1077:82</p>	
<p>Beef Sloppy Joe on WG Bun (36) Baked Beans(45) Diced Pears(16) 1% White or 1% Chocolate Milk(20)</p> <p>18 706:1627:117</p>	<p>Beef Meatballs & Gravy with WW Dinner Roll(22) Seasoned Corn(17) Fresh Banana(31) 1% White or 1% Chocolate Milk(20)</p> <p>19 610:814:91</p>	<p>WG Breaded Boneless Wings w/ Dinner Roll(28) Maple Carrot Coins(13) Diced Peaches(14) 1% White or 1% Chocolate Milk(20)</p> <p>20 549:1020:75</p>	<p>WG Pizza Slice (33) Romaine w/ Dressing(3) Fruit mix(19) 1% White or 1% Chocolate Milk(20)</p> <p>21 611:1004:75</p>	<p>22 No School</p>
<p>Memorial Day!</p> <p>25</p>	<p>Classic Cheeseburger on WW Bun (32) Baked Beans(45) Diced Peaches(14) 1% White or 1% Chocolate Milk(20)</p> <p>26 760:1700:111</p>	<p>WG Chicken Nuggets w/ WG Dinner Roll(30) Tossed Salad with Ranch(2) Fresh Orange(11) 1% White or 1% Chocolate Milk(20)</p> <p>27 495:966:63</p>	<p>WG Pizza Slice (33) 100% Paradise Punch Juice Box(23) Diced Pears(16) 1% White or 1% Chocolate Milk(20)</p> <p>28 623:888:92</p>	<p>29</p>



Thought for Thought



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3/25/2026 6:15:05 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:657 AvgSod(mg):1189 AvgCarbs(g):90

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