

September, 2026

Summit Academy Middle School Breakfast

September, 2026



Monday	Tuesday	Wednesday	Thursday	Friday
	Labor Day!	No School	No School	No Program
	1 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)	2 Cinnamon Raisin Bagel with Cream Cheese (32) Fresh Gala Apple(29) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)	3 WG Blueberry Muffin(30) Giant Vanilla Goldfish (19) Pineapple Tibits Cup (16) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	4 No Program
7 No School	8 485:415:89	9 528:462:87	10 530:376:91	11 No Program
Cocoa Puffs Cereal(25) WG Tiger Bites Grahams (21) 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 Blueberry Bagel with Cream Cheese (32) Mixed Fruit Cup (15) 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)	18 No Program
14 510:375:99	15 538:402:103	16 480:460:73	17 536:376:98	18 No Program
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)	Golden Grahams Cereal Bar (30) Giant Cinnamon Goldfish(19) Cinnamon Applesauce 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) Mandarin Orange Cup (20) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	25 No Program
21 500:410:96	22 490:380:88	23 528:432:84	24 560:345:96	25 No Program
Lucky Charms(23) Scooby Doo Cinnamon Graham Sticks(21) Fresh Gala Apple(29) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11)	Trix Cereal Bar (29) Giant Cinnamon Goldfish(19) Mandarin Orange Cup (20) 100% Apple Juice(14) 1% White Milk or 1% Chocolate Milk(11)	WG Bagel w/Cream cheese(29) Mixed Fruit Cup (15) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)		
28 498:412:99	29 520:370:93	30 480:430:70		

WELCOME



Thought for Thought

Tips & Information

Labor Day, the first Monday in September, constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. The first unofficial Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City. On June 28th, 1894 the first Monday in September was declared Labor Day by President Grover Cleveland. Labor Day is not only celebrated in the United States, but also Canada and other industrialized nations. This day for some is a day to relax and enjoy the end of summer & the beginning of another GREAT YEAR OF LEARNING!!!

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

8/11/2026 7:16:19 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:513 AvgSod(mg):403 AvgCarbs(g):90

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



September, 2026

Summit Academy Middle School Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
	Labor Day!	No School	No School	No School
7 No School	1 Chicken in Gravy w/ Dinner Roll(16) Mashed Potato(33) Fresh Banana(31) 1% White or 1% Chocolate Milk(20)	2 Honey Mustard Chicken Wrap (43) Seasoned Green Beans(5) Mandarin Orange(21) 1% White or 1% Chocolate Milk(20)	3 WG Pizza Slice (33) Romaine w/ Dressing(3) Fruit mix(19) 1% White or 1% Chocolate Milk(20)	4 No School
14 Turkey Kielbasa on WW Bun(30) Savory Carrots Coins(6) Diced Peaches(15) 1% White or 1% Chocolate Milk(20)	8 636:1130:100 15 Italian Meatball Sub on WG Bun(36) Seasoned Green Beans(5) Fresh Banana(31) 1% White or 1% Chocolate Milk(20)	9 666:1042:90 16 Crispy Chicken Sandwich on WG Bun (35) Potato Wedges(31) Fruit mix(19) 1% White or 1% Chocolate Milk(20)	10 611:1004:75 17 WG Pizza Slice (33) Romaine w/ Dressing(3) Mandarin Orange(21) 1% White or 1% Chocolate Milk(20)	11 No School
21 598:781:86 28 588:1205:81	22 615:971:97 29 584:1082:98	23 682:1622:112 30 620:1218:71	24 602:999:75	18 No School 25 No School
14 482:1133:71 21 598:781:86 28 588:1205:81	15 663:740:93 22 615:971:97 29 584:1082:98	16 762:1645:106 23 682:1622:112 30 620:1218:71	17 621:1020:78 24 602:999:75	18 No School 25 No School
14 Cheeseburger Meatloaf on WW Bun (34) Seasoned Corn(17) Diced Peaches(15) 1% White or 1% Chocolate Milk(20)	15 WG Chicken Tenders with WG Dinne Roll (33) Maple Carrot Coins(13) Fresh Banana(31) 1% White or 1% Chocolate Milk(20)	16 Beef Sloppy Joe on WG Bun(36) Baked Beans(45) Fresh Orange(11) 1% White or 1% Chocolate Milk(20)	17 WG Pizza Slice (33) Romaine w/ Dressing(3) Pineapple Tidbits(19) 1% White or 1% Chocolate Milk(20)	18 No School 25 No School
21 598:781:86 28 588:1205:81	22 615:971:97 29 584:1082:98	23 682:1622:112 30 620:1218:71	24 602:999:75	18 No School 25 No School
28 588:1205:81	29 584:1082:98	30 620:1218:71		

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8/11/2026 8:40:02 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:623 AvgSod(mg):1113 AvgCarbs(g):88

SCHOOLS ONLY

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

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