

October, 2026

## Summit Academy Middle School Breakfast

October, 2026



| Monday                                                                                                                                                                        | Tuesday                                                                                                                                                                  | Wednesday                                                                                                                                                        | Thursday                                                                                                                                                                    | Friday |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
|                                                                                                                                                                               |                                                                                                                                                                          |                                                                                                                                                                  | <b>Apple Muffin(22)</b><br><br>Giant Vanilla Goldfish (19)<br>Fresh Banana(31)<br>100% Orange Tangerine Juice(15)<br>1% White Milk or 1% Chocolate Milk(11)                 |        |
| 648:1099:84                                                                                                                                                                   | 648:1099:84                                                                                                                                                              | 648:1099:84                                                                                                                                                      | 1 536:376:98                                                                                                                                                                | 2      |
| <b>Blueberry Chex Cereal (23)</b><br><br>Cinnamon Bug Bites(21)<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><br>Giant Cinnamon Goldfish(19)<br>Craisins(27)<br>100% Apple Juice(14)<br>1% White or 1% Chocolate Milk(20)                   | <b>Cinnamon Raisin Bagel with Cream Cheese (32)</b><br><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><br>Giant Vanilla Goldfish (19)<br>Fresh Orange(11)<br>100% Orange Tangerine Juice(15)<br>1% White Milk or 1% Chocolate Milk(11)          |        |
| 5 455:385:84                                                                                                                                                                  | 6 570:475:110                                                                                                                                                            | 7 528:462:87                                                                                                                                                     | 8 512:370:86                                                                                                                                                                | 9      |
| <b>Cinnamon Chex Cereal(23)</b><br><br>Scooby Doo Cinnamon Graham Sticks(21)<br>Diced Peach Cup (12)<br>100% Fruit Punch Juice (15)<br>1% White Milk or 1% Chocolate Milk(11) | <b>Double Chocolate Oatmeal Bar(24)</b><br><br>Giant Cinnamon Goldfish(19)<br>Cinnamon Applesauce Cup(14)<br>100% Apple Juice(14)<br>1% White or 1% Chocolate Milk(20)   | <b>WG Blueberry Bagel with Cream Cheese (32)</b><br><br>Fresh Gala Apple(29)<br>100% Grape Juice Box(15)<br>1% White Milk or 1% Chocolate Milk(11)               | <b>WG Banana Muffin(31)</b><br><br>Giant Vanilla Goldfish (19)<br>Fresh Banana(31)<br>100% Orange Tangerine Juice(15)<br>1% White Milk or 1% Chocolate Milk(11)             |        |
| 12 440:400:82                                                                                                                                                                 | 13 510:445:91                                                                                                                                                            | 14 528:462:87                                                                                                                                                    | 15 601:346:107                                                                                                                                                              | 16     |
| <b>Trix Cereal Bowl(24)</b><br><br>WG Tiger Bites Grahams (21)<br>Craisins(27)<br>100% Fruit Punch Juice (15)<br>1% White Milk or 1% Chocolate Milk(11)                       | <b>Apple Cinnamon Nutri-grain Bar(31)</b><br><br>Giant Cinnamon Goldfish(19)<br>Diced Pear Cup (14)<br>100% Apple Juice(14)<br>1% White Milk or 1% Chocolate Milk(11)    | <b>WG Bagel w/Cream cheese(29)</b><br><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><br>Giant Vanilla Goldfish (19)<br>Pineapple Tibits Cup (16)<br>100% Orange Tangerine Juice(15)<br>1% White Milk or 1% Chocolate Milk(11) |        |
| 19 500:410:98                                                                                                                                                                 | 20 485:415:89                                                                                                                                                            | 21 528:432:84                                                                                                                                                    | 22 530:376:91                                                                                                                                                               | 23     |
| <b>Cocoa Puffs Cereal(25)</b><br><br>Scooby Doo Cinnamon Graham Sticks(21)<br>Craisins(27)<br>100% Fruit Punch Juice (15)<br>1% White Milk or 1% Chocolate Milk(11)           | <b>Cinnamon Toast Crunch Cereal Bar(30)</b><br><br>Giant Cinnamon Goldfish(19)<br>Fresh Gala Apple(29)<br>100% Apple Juice(14)<br>1% White Milk or 1% Chocolate Milk(11) | <b>Dannon Nonfat Yogurt(10)</b><br><br>WG Tiger Bites Grahams (21)<br>Mixed Fruit Cup (15)<br>100% Grape Juice Box(15)<br>1% White Milk or 1% Chocolate Milk(11) | <b>Apple Muffin(22)</b><br><br>Giant Vanilla Goldfish (19)<br>Fresh Banana(31)<br>100% Orange Tangerine Juice(15)<br>1% White Milk or 1% Chocolate Milk(11)                 |        |
| 26 510:365:99                                                                                                                                                                 | 27 538:402:103                                                                                                                                                           | 28 420:315:72                                                                                                                                                    | 29 536:376:98                                                                                                                                                               | 30     |



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

9/16/2026 9:55:15 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:539 AvgSod(mg):533 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\*\*

October, 2026

## Summit Academy Middle School Lunch

October, 2026



| Monday                                                                                                                              | Tuesday                                                                                                                                           | Wednesday                                                                                                                                      | Thursday                                                                                                                   | Friday        |
|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------|
|                                                                                                                                     |                                                                                                                                                   |                                                                                                                                                | <b>WG Pizza Slice (33)</b><br><br>Baby Carrots w/Ranch (10)<br>Mandarin Orange(21)<br>1% White or 1% Chocolate Milk(20)    |               |
| 648:1099:84                                                                                                                         | 648:1099:84                                                                                                                                       | 648:1099:84                                                                                                                                    | 1 648:1099:84                                                                                                              | 2 No Program  |
| <b>Crispy Chicken Sandwich on WG Bun (35)</b><br>Baked Beans(45)<br>Diced Peaches(15)<br>1% White or 1% Chocolate Milk(20)          | <b>Chicken Strip Wrap w/ Ranch (34)</b><br><br>Potato Wedges(31)<br>Fresh Banana(31)<br>1% White or 1% Chocolate Milk(20)                         | <b>Walking Taco w/ WG Doritos (30)</b><br><br>Romaine w/ Dressing(3)<br>Mandarin Orange(21)<br>1% White or 1% Chocolate Milk(20)               | <b>WG Pizza Slice (33)</b><br><br>Baby Carrots w/Ranch (10)<br>Pineapple Tidbits(19)<br>1% White or 1% Chocolate Milk(20)  |               |
| 5 760:1505:115                                                                                                                      | 6 858:1881:116                                                                                                                                    | 7 629:936:75                                                                                                                                   | 8 629:1077:82                                                                                                              | 9 No Program  |
| <b>Beef Sloppy Joe on WG Bun(36)</b><br><br>Baked Beans(45)<br>Diced Peaches(15)<br>1% White or 1% Chocolate Milk(20)               | <b>Beef Meatballs &amp; Gravy with WW Dinner Roll(22)</b><br><br>Seasoned Green Beans(5)<br>Fresh Banana(31)<br>1% White or 1% Chocolate Milk(20) | <b>WG Breaded Boneless Wings w/ Dinner Roll(28)</b><br><br>Maple Carrot Coins(13)<br>Diced Peaches(15)<br>1% White or 1% Chocolate Milk(20)    | <b>WG Pizza Slice (33)</b><br><br>Fresh Broccoli & Ranch Dressing(1)<br>Fruit mix(19)<br>1% White or 1% Chocolate Milk(20) |               |
| 12 706:1627:117                                                                                                                     | 13 558:814:79                                                                                                                                     | 14 555:1021:76                                                                                                                                 | 15 603:1002:74                                                                                                             | 16 No Program |
| <b>Classic Cheeseburger on WW Bun(32)</b><br>Baked Beans(45)<br>Diced Peaches(15)<br>1% White or 1% Chocolate Milk(20)              | <b>WG Chicken Nuggets w/ WG Dinner Roll(30)</b><br><br>Potato Wedges(31)<br>Fresh Banana(31)<br>1% White or 1% Chocolate Milk(20)                 | <b>WG Chicken Tenders with WG Dinner Roll (33)</b><br><br>Tossed Salad with Ranch(2)<br>Diced Peaches(15)<br>1% White or 1% Chocolate Milk(20) | <b>WG Pizza Slice (33)</b><br><br>Baby Carrots w/Ranch (10)<br>Diced Peaches(16)<br>1% White or 1% Chocolate Milk(20)      |               |
| 19 765:1700:112                                                                                                                     | 20 726:1811:112                                                                                                                                   | 21 568:1016:70                                                                                                                                 | 22 617:1083:79                                                                                                             | 23 No Program |
| <b>BBQ Beef Rib Patty on WG Bun(46)</b><br><br>Maple Carrot Coins(13)<br>Pineapple Tidbits(19)<br>1% White or 1% Chocolate Milk(20) | <b>Beef Hot Dog on WW Bun(30)</b><br><br>Potato Wedges(31)<br>Fresh Banana(31)<br>1% White or 1% Chocolate Milk(20)                               | <b>Chicken Tender Wrap w/ BBQ Sauce (38)</b><br><br>Seasoned Green Beans(5)<br>Mandarin Orange(21)<br>1% White or 1% Chocolate Milk(20)        | <b>WG Pizza Slice (33)</b><br><br>Romaine w/ Dressing(3)<br>Fruit mix(19)<br>1% White or 1% Chocolate Milk(20)             |               |
| 26 643:1260:98                                                                                                                      | 27 776:2026:112                                                                                                                                   | 28 626:902:85                                                                                                                                  | 29 611:1004:75                                                                                                             | 30 No Program |



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9/16/2026 9:54:50 AM

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