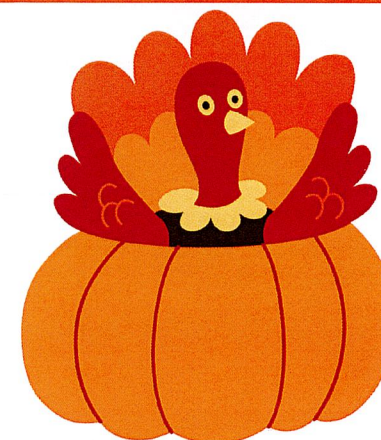


November, 2026

Summit Academy Middle School Breakfast

November, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
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)		WG Blueberry Bagel with Cream Cheese 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)	
2 500:410:96	3 No School	4 528:462:87	5 560:345:96	6
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)	Dannon Nonfat Yogurt(10) WG Tiger Bites Grahams (21) 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)	
9 498:412:99	10 520:370:93	11 Veterans Day! 420:320:72	12 536:376:98	13
Blueberry Chex Cereal (23) Cinnamon Bug Bites(21) Diced Pear Cup (14) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11)	Strawberry Nutri-grain Bar (30) Giant Cinnamon Goldfish(19) Craisins(27) 100% Apple Juice(14) 1% White Milk or 1% Chocolate Milk(11)	Cinnamon Raisin Bagel with Cream Fresh Gala Apple(29) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)	WG Blueberry Muffin(30) Giant Vanilla Goldfish (19) Fresh Orange(11) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	
16 455:385:84	17 540:405:101	18 528:462:87	19 512:370:86	20
Cinnamon Chex Cereal(23) Scooby Doo Cinnamon Graham Sticks(21) Diced Peach Cup (12) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11)	Double Chocolate Oatmeal Bar(24) Giant Cinnamon Goldfish(19) Cinnamon Applesauce Cup(14) 100% Apple Juice(14) 1% White Milk or 1% Chocolate Milk(11)			
23 440:400:82	24 480:375:82	25 No School	26 Happy Thanksgiving!	27
Trix Cereal Bowl(24) WG Animal Crackers(21) Craisins(27) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11)				
30 500:400:98				



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.

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

10/5/2026 8:47:51 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:501 AvgSod(mg):392 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****

November, 2026

Summit Academy Middle School Lunch

November, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Chicken on WG Run(35) Maple Carrot Coins(13) Diced Peaches(15) 1% White or 1% Chocolate Milk(20)		Crispy Chicken Sandwich on WG Run Sweet Baby Peas(9) Fruit mix(19) 1% White or 1% Chocolate Milk(20)	WG Pizza Slice (33) Romaine w/ Dressing(3) Mandarin Orange(21) 1% White or 1% Chocolate Milk(20)	
2 500:710:83	3 No School	4 609:724:83	5 621:1020:78	6 No Program
Cheeseburger Meatloaf on WW Run Seasoned Corn(17) Diced Peaches(15) 1% White or 1% Chocolate Milk(20)	WG Chicken Tenders with WG Dinner Roll Maple Carrot Coins(13) Fresh Banana(31) 1% White or 1% Chocolate Milk(20)	Turkey Kielbasa on WW Run(30) Baked Beans(45) Pineapple Tidbits(19) 1% White or 1% Chocolate Milk(20)	WG Pizza Slice (33) Romaine w/ Dressing(3) Pineapple Tidbits(19) 1% White or 1% Chocolate Milk(20)	
9 598:781:86	10 615:971:97	11 Veterans Day! 693:1905:114	12 602:999:75	13 No Program
Beef Hot Dog on WW Run(30) Baked Beans(45) Fruit mix(19) 1% White or 1% Chocolate Milk(20)	Turkey Kielbasa on WW Run(30) Seasoned Corn(17) Fresh Banana(31) 1% White or 1% Chocolate Milk(20)	Turkey w/ Gravy and Dinner Roll(16) Mashed Potatoes w/ Gravy and Corn(40) Pineapple Tidbits(19) 1% White or 1% Chocolate Milk(20)	WG Pizza Slice (33) Baby Carrots w/Ranch (10) Mandarin Orange(21) 1% White or 1% Chocolate Milk(20)	
16 762:1885:114	17 584:1082:98	18 635:1613:96	19 648:1099:84	20 No Program
Classic Cheeseburger on WW Run(32) Seasoned Corn(17) Diced Peaches(15) 1% White or 1% Chocolate Milk(20)	Chicken Strip Wrap w/ Ranch (34) Seasoned Green Beans(5) Fresh Banana(31) 1% White or 1% Chocolate Milk(20)			
23 613:876:84	24 674:912:90	25 No School	26 Happy Thanksgiving!	27 No Program
Beef Sloppy Joe on WG Run(36) Baked Beans(45) Diced Peaches(15) 1% White or 1% Chocolate Milk(20)				
30 706:1627:117				



Thought for Thought

Tips & Information

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10/5/2026 10:42:02 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()

AvgCals:632 AvgSod(mg):1157 AvgCarbs(g):92

****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****