

SUMMIT ACADEMY ELEMENTARY

NOVEMBER 2011 BREAKFAST

Component	Minimum Serving Size	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3	4
Meat/Alternate	1 oz			Yogurt		Breakfast Hot Pocket
Grain/Bread/Pasta	1 slice/1 oz/ 3/4 cup		Cereal (2)	White Powdered Donut	Cinnamon Granola Bar	
Fruit/Vegetable	1/2 cup		Grape Juice	Orange Juice	Apple Juice	Orange Juice
Milk (fluid)	1 cup		Milk	Milk	Milk	Milk
Component	Minimum Serving Size	7	8	9	10	11
Meat/Alternate	1 oz	Cream Cheese		Yogurt		Sausage, Cheese Omelet
Grain/Bread/Pasta	1 slice/1 oz/ 3/4 cup	Honey Bagel	Morning Mix Up	Breakfast Bar	Super Donut	
Fruit/Vegetable	1/2 cup	Orange Juice	Grape Juice	Orange Juice	Apple Juice	Orange Juice
Milk (fluid)	1 cup	Milk	Milk	Milk	Milk	Milk
Component	Minimum Serving Size	14	15	16	17	18
Meat/Alternate	1 oz			Yogurt		Sausage
Grain/Bread/Pasta	1 slice/1 oz/ 3/4 cup	Mini Banana Loaf (2)	Cherry Apple Crunch	Cinnamon Powdered Donut	Cereal (2)	French Toast
Fruit/Vegetable	1/2 cup	Orange Juice	Apple Juice	Orange Juice	Grape Juice	Orange Juice
Milk (fluid)	1 cup	Milk	Milk	Milk	Milk	Milk
Component	Minimum Serving Size	21	22	23	24	25
Meat/Alternate	1 oz			Yogurt		
Grain/Bread/Pasta	1 slice/1 oz/ 3/4 cup	Morning Mix Up	Cinnamon Granola Bar	Mini Banana Loaf	HAPPY THANKSGIVING!	
Fruit/Vegetable	1/2 cup	Orange Juice	Apple Juice	Orange Juice		
Milk (fluid)	1 cup	Milk	Milk	Milk		
Component	Minimum Serving Size	28	29	30		
Meat/Alternate	1 oz			Yogurt		
Grain/Bread/Pasta	1 slice/1 oz/ 3/4 cup	Super Donut (1)	Cherry Apple Crunch	Super Donut		
Fruit/Vegetable	1/2 cup	Orange Juice	Apple Juice	Orange Juice		
Milk (fluid)	1 cup	Milk	Milk	Milk		

We are an equal opportunity provider.

Menu subject to change.

SUMMIT ACADEMY ELEMENTARY

NOVEMBER 2011 LUNCH

Component	Minimum Serving Size	Quantity	Protein	Grain	Vegetable	Fruit	Milk
Meat/Alternate	2oz		Chicken Tender Wrap w/Cheese Lettuce/Ranch Soft Tortilla Shell		Spaghetti w/Meat Sauce, Wheat Roll		Mini Ravioli w/Cheese Wheat Bun
Grain/Bread/Pasta	1/2 cup				Tossed Salad w/Ranch, Applesauce		Seasoned Carrots, Pears, Raisins
Fruit/Vegetable	1/2 cup		Mexican Corn, Tropical Fruit				Milk
Milk/Dairy	1/2 cup						Cookie
Component	Minimum Serving Size	Quantity	Protein	Grain	Vegetable	Fruit	Milk
Meat/Alternate	2oz		Walking Turkey Taco, Cheese		Breaded Chicken Breast Wheat Bun		Salisbury Steak w/Gravy Wheat Roll
Grain/Bread/Pasta	1/2 cup		Baked Doritos		Corn Cobette, Mandarin Oranges		Asian Chicken Stirfry Rice w/Carrots & Broccoli, Peaches
Fruit/Vegetable	1/2 cup		Lettuce, Salsa, Refried Beans, Tropical Fruit		Mashed Potatoes, Pineapple		Milk
Milk/Dairy	1/2 cup						Cookie
Component	Minimum Serving Size	Quantity	Protein	Grain	Vegetable	Fruit	Milk
Meat/Alternate	2oz		Homemade Sloppy Joe		Cheeseburger w/Mustard/Ketchup		Homemade Chicken & Noodles, Wheat Roll
Grain/Bread/Pasta	1/2 cup		Wheat Bun		Green Beans, Peaches		Breaded Chicken Breast Wheat Bun
Fruit/Vegetable	1/2 cup		Corn Cobette, Pineapple		Tossed Salad w/Ranch, Mandarin Oranges		Seasoned Carrots, Applesauce
Milk/Dairy	1/2 cup						Milk
							Cookie
Component	Minimum Serving Size	Quantity	Protein	Grain	Vegetable	Fruit	Milk
Meat/Alternate	2oz		Walking Turkey Taco, Cheese		Breaded Chicken Dippers (5)		Chili Crackers (3pkg)
Grain/Bread/Pasta	1/2 cup		Doritos		Wheat Roll		Tossed Salad/Ranch Drsg.
Fruit/Vegetable	1/2 cup		Lettuce, Salsa, Refried Beans, Tropical Fruit		Seasoned Carrots, Pineapple		Peaches
Milk/Dairy	1/2 cup						Milk
							HAPPY THANKSGIVING!
Component	Minimum Serving Size	Quantity	Protein	Grain	Vegetable	Fruit	Milk
Meat/Alternate	2oz		Footlong Hotdog w/Mustard/Ketchup		Chicken Tenders (2) w/BBQ Sauce		Salisbury Steak w/Gravy
Grain/Bread/Pasta	1/2 cup		Footlong Bun		Macaroni Salad		Wheat Roll
Fruit/Vegetable	1/2 cup		Baked Beans, Peaches		Seasoned Green Beans, Pineapple		Mashed Potatoes, Applesauce
Milk/Dairy	1/2 cup						Milk

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