

SUMMIT ACADEMY ELEMENTARY

SEPTEMBER 2011 BREAKFAST

Component	Minimum Serving Size	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Alternate	1 oz					1
Grain/Bread/Pasta	1 slice/1 oz/ 3/4 cup				Super Donut (1)	Breakfast Burrito
Fruit/Vegetable	1/2 cup				Grape Juice	Orange Juice
Milk (fluid)	1 cup				Milk	Milk
Component	Minimum Serving Size					
Meat/Alternate	1 oz					8
Grain/Bread/Pasta	1 slice/1 oz/ 3/4 cup	Super Donut (1)	Breakfast Square (1)	White Powdered Donut	Cereal (2)	Sausage
Fruit/Vegetable	1/2 cup	Orange Juice	Apple Juice	Orange Juice	Grape Juice	Waffle
Milk (fluid)	1 cup	Milk	Milk	Milk	Milk	Orange Juice
Component	Minimum Serving Size					
Meat/Alternate	1 oz					15
Grain/Bread/Pasta	1 slice/1 oz/ 3/4 cup	Cream Cheese	Strawberry Banana Yogurt	Breakfast Square	String Cheese	Cheese Omelet, Sausage
Fruit/Vegetable	1/2 cup	Honey Bagel	Blueberry Muffin	Raisins, Apple Juice	Mint Banana Loaf	Orange Juice
Milk (fluid)	1 cup	Milk	Milk	Milk	Milk	Milk
Component	Minimum Serving Size					
Meat/Alternate	1 oz					22
Grain/Bread/Pasta	1 slice/1 oz/ 3/4 cup	Mint Banana Loaf (2)	Plain Bagel	Yogurt Cinnamon Powdered Donut	Cereal (2)	Sausage
Fruit/Vegetable	1/2 cup	Orange Juice	Apple Juice	Orange Juice	Grape Juice	French Toast
Milk (fluid)	1 cup	Milk	Milk	Milk	Milk	Orange Juice
Component	Minimum Serving Size					
Meat/Alternate	1 oz					23
Grain/Bread/Pasta	1 slice/1 oz/ 3/4 cup		Cream Cheese			
Fruit/Vegetable	1/2 cup					
Milk (fluid)	1 cup					
Component	Minimum Serving Size					
Meat/Alternate	1 oz					26
Grain/Bread/Pasta	1 slice/1 oz/ 3/4 cup					
Fruit/Vegetable	1/2 cup					
Milk (fluid)	1 cup					
Component	Minimum Serving Size					
Meat/Alternate	1 oz					27
Grain/Bread/Pasta	1 slice/1 oz/ 3/4 cup					
Fruit/Vegetable	1/2 cup					
Milk (fluid)	1 cup					
Component	Minimum Serving Size					
Meat/Alternate	1 oz					28
Grain/Bread/Pasta	1 slice/1 oz/ 3/4 cup					
Fruit/Vegetable	1/2 cup					
Milk (fluid)	1 cup					
Component	Minimum Serving Size					
Meat/Alternate	1 oz					29
Grain/Bread/Pasta	1 slice/1 oz/ 3/4 cup					
Fruit/Vegetable	1/2 cup					
Milk (fluid)	1 cup					
Component	Minimum Serving Size					
Meat/Alternate	1 oz					30
Grain/Bread/Pasta	1 slice/1 oz/ 3/4 cup					
Fruit/Vegetable	1/2 cup					
Milk (fluid)	1 cup					

We are an equal opportunity provider.

Menu subject to change.

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