

# SUMMIT PUBLIC SCHOOLS

## OCTOBER

### Lunch Bulk Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>27</b> - Spicy Popcorn Chicken W/B.Past - Broccoli Cheddar Potato Bowl W/ Roll - Breakfast Skillet W/ Biscuit - Sunbutter & Jelly Sandwich	<b>28</b> - Beef Hot Dog - Veggie Nuggets W/ Rice & Peas	<b>29</b> - Spaghetti W/Beef Meatsauce - Greek Chicken & Rice Pilaf - Chicken Bacon Ranch Salad W/ Roll	<b>30</b> - Chicken Nuggets W/ Butter & Cheese Pasta - Pasta W/ Butter & Cheese - Turkey And Cheddar Sandwich	<b>1</b> - Pepperoni Pizza - Cheese Pizza - Chicken Fried Rice - Asian Chicken Wrap
<b>4</b> - Spaghetti & Beef Meatballs - Pasta W/ Butter & Cheese - Carne Asada Burrito - Turkey And Cheddar Sandwich	<b>5</b> - Chicken Parmesan On A French - Red Beans & Rice Bowl - Sesame Orange Chicken W/ Rice - Beef Fajita Wrap	<b>6</b> - Penne Pasta W/Turkey Meatsauc - Broccoli Cheddar Potato Bowl W/ Roll - Breaded Chicken Sandwich - Pastrami & Swiss On French Roll	<b>7</b> - Chicken Fajita Bowl - Vegetarian Parmesan With Pasta - Sloppy Joe - Turkey And Cheddar On A French	<b>8</b> - Pepperoni Pizza - Cheese Pizza - Vegan / Gf Black Bean Burrito Bowl - Tuna Sandwich
<b>11</b> No Meal Service	<b>12</b> - Beef Hot Dog - Veggie Chow Mein - Spicy Popcorn Chicken W/B.Past - Egg Salad Sandwich	<b>13</b> - Corn Dog Chicken - Pasta Primavera - Thai Curry Over Rice - Turkey And Jack On Dutch	<b>14</b> - Chicken Nuggets W/ Butter & Cheese Pasta - Pasta W/ Butter & Cheese - Bacon Cheeseburger - Bagel Kit	<b>15</b> - Pepperoni Pizza - Cheese Pizza - Bean And Cheese Burrito - Chicken Pesto Wrap
<b>18</b> - Beef Tamale W/ Spanish Rice - Pasta W/ Marinara & Cheese - Sweet And Sour Chicken - Turkey And Cheddar Sandwich	<b>19</b> - Mr. Mike's Bbq Chicken Sandwich - Cheesy Bean Dip & Tortilla Chip - Beef Hot Dog - Chicken Caesar Wrap	<b>20</b> - Bbq Chicken And Rice - Cheese Enchiladas - Breaded Chicken Sandwich - Farmers Market Chicken Salad W/ Roll	<b>21</b> - Chicken Enchiladas - Mac And Cheese - Mini Chicken Corn Dogs - Roast Beef & Swiss On French	<b>22</b> - Pepperoni Pizza - Cheese Pizza - Curry Fried Rice - Beef Fajita Wrap
<b>25</b> - Spicy Popcorn Chicken W/B.Past - Broccoli Cheddar Potato Bowl W/ Roll - Breakfast Skillet W/ Biscuit - Sunbutter & Jelly Sandwich	<b>26</b> - Beef Hot Dog - Veggie Nuggets W/ Rice & Peas - Fish Sticks, Rice Pilaf - Spicy Popcorn Chicken Wrap	<b>27</b> - Spaghetti W/Beef Meatsauce - Red Beans & Rice - Greek Chicken & Rice Pilaf - Chicken Bacon Ranch Salad W/ Roll	<b>28</b> - Chicken Nuggets W/ Butter & Cheese Pasta - Pasta W/ Butter & Cheese - Chicken Pesto Sandwich - Turkey And Cheddar Sandwich	<b>29</b> - Pepperoni Pizza - Cheese Pizza - Chicken Fried Rice - Asian Chicken Wrap

### Drinks

Nonfat Milk, 1% Milk



ALL MEALS COME WITH A CHOICE OF FRESH FRUIT, FRESH VEGETABLE AND A DRINK.



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

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## OCTOBER

Fresh Start Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
<b>27</b> - Egg & Cheese Breakfast Burrito - Yogurt With Grahams - Breakfast Cereal	<b>28</b> - Hard Boiled Egg & Muffin - Breakfast Cereal	<b>29</b> - Ham, Egg & Cheese Burrito - Apple Farmer's Market Bar - Breakfast Cereal	<b>30</b> - Pancake & Sausage Sandwich (P) - Apple Cinnamon Breakfast Scone - Breakfast Cereal	<b>1</b> - French Toast Sticks - Bagel W/ Cream Cheese - Breakfast Cereal
<b>4</b> - Mini Silver Dollar Pancakes W/ Syrup - Breakfast Bun - Berry Breakfast Scone	<b>5</b> - Breakfast Chilaquiles - String Cheese And Mini Muffin - Breakfast Cereal	<b>6</b> - French Toast Breakfast Bun - Banana Chocolate Chunk Scone - Breakfast Cereal	<b>7</b> - Breakfast Skillet W/ Biscuit - Corn Muffin - Breakfast Cereal	<b>8</b> - Melted Cheddar Bagel - Yogurt With Grahams - Breakfast Cereal
<b>11</b> No Meal Service	<b>12</b> - Pork Sausage On A Bun - Yogurt With Grahams - Breakfast Cereal	<b>13</b> - Sausage Egg Chs Muffin - String Cheese And Mini Muffin - Breakfast Cereal	<b>14</b> - French Toast Sticks - Berry Breakfast Scone - Breakfast Cereal	<b>15</b> - Sausage, Egg & Cheese Breakfast Burrito - Apple Cinnamon Breakfast Scone - Breakfast Cereal
<b>18</b> - Pancake & Sausage Sandwich (P) - Corn Muffin - Breakfast Cereal	<b>19</b> - Breakfast Skillet W/ Biscuit - Breakfast Bun - Breakfast Cereal	<b>20</b> - French Toast Sticks - Bagel W/ Cream Cheese - Breakfast Cereal	<b>21</b> - Egg & Cheese Breakfast Taco - Banana Chocolate Chunk Farmers Market Bar - Breakfast Cereal	<b>22</b> - Breakfast Chilaquiles - Cherry Frudel - Breakfast Cereal
<b>25</b> - Egg & Cheese Breakfast Burrito - Yogurt With Grahams - Breakfast Cereal	<b>26</b> - Sausage Egg Chs Muffin - Hard Boiled Egg & Muffin - Breakfast Cereal	<b>27</b> - Ham, Egg & Cheese Burrito - Apple Farmer's Market Bar - Breakfast Cereal	<b>28</b> - Pancake & Sausage Sandwich (P) - Apple Cinnamon Breakfast Scone - Breakfast Cereal	<b>29</b> - French Toast Sticks - Bagel W/ Cream Cheese - Breakfast Cereal

### Drinks

Nonfat Milk, 1% Milk



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# SUMMIT PUBLIC SCHOOLS OCTOBER

## Lunch Bulk Menu



Date	Menu Item	Allergens
<b>Monday 27</b>	Spicy Popcorn Chicken W/B.Past	Wheat, Milk, Chicken
	Broccoli Cheddar Potato Bowl W/ Roll	Wheat, Milk, Soy, Egg
	Breakfast Skillet W/ Biscuit	Wheat, Soy, Egg, Milk, Pork, Turkey
	Sunbutter & Jelly Sandwich	Wheat, Soy
<b>Tuesday 28</b>	Beef Hot Dog	Wheat, Beef, Soy
	Veggie Nuggets W/ Rice & Peas	Veg Wheat, Soy, Egg, Milk
<b>Wednesday 29</b>	Spaghetti W/Beef Meatsauce	Wheat, Egg, Beef, Milk, Tomato, Soy
	Greek Chicken & Rice Pilaf	Chicken
	Chicken Bacon Ranch Salad W/ Roll	Pork, Milk, Chicken, Wheat, Egg, Tomato, Soy
<b>Thursday 30</b>	Chicken Nuggets W/ Butter & Cheese Pasta	Wheat, Soy, Egg, Milk, Chicken
	Pasta W/ Butter & Cheese	Wheat, Milk
	Turkey And Cheddar Sandwich	Wheat, Milk, Turkey, Soy
<b>Friday 1</b>	Pepperoni Pizza	Wheat, Soy, Tomato, Pork, Milk, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Chicken Fried Rice	Egg, Wheat, Soy, Chicken
	Asian Chicken Wrap	Chicken, Wheat, Soy, Milk
<b>Monday 4</b>	Spaghetti & Beef Meatballs	Wheat, Soy, Milk, Beef, Tomato
	Pasta W/ Butter & Cheese	Wheat, Milk
	Carne Asada Burrito	Milk, Wheat, Tomato, Beef, Soy
	Turkey And Cheddar Sandwich	Wheat, Milk, Turkey, Soy
<b>Tuesday 5</b>	Chicken Parmesan On A French	Wheat, Soy, Milk, Tomato, Chicken
	Red Beans & Rice Bowl	Tomato
	Sesame Orange Chicken W/ Rice	Chicken, Wheat, Soy
	Beef Fajita Wrap	Wheat, Milk, Beef, Tomato, Egg
<b>Wednesday 6</b>	Penne Pasta W/Turkey Meatsauc	Wheat, Milk, Tomato, Turkey
	Broccoli Cheddar Potato Bowl W/ Roll	Wheat, Milk, Soy, Egg
	Breaded Chicken Sandwich	Wheat, Soy, Milk, Chicken
	Pastrami & Swiss On French Roll	Wheat, Milk, Turkey, Soy
<b>Thursday 7</b>	Chicken Fajita Bowl	Chicken
	Vegetarian Parmesan With Pasta	Veg Wheat, Soy, Egg, Milk, Tomato
	Sloppy Joe	Wheat, Soy, Tomato, Turkey
	Turkey And Cheddar On A French	Wheat, Turkey, Milk
<b>Friday 8</b>	Pepperoni Pizza	Wheat, Soy, Tomato, Pork, Milk, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Vegan / Gf Black Bean Burrito Bowl	V Tomato, Soy
	Tuna Sandwich	Wheat, Egg, Fish, Soy
<b>Tuesday 12</b>	Beef Hot Dog	Wheat, Beef, Soy
	Veggie Chow Mein	Egg, Wheat, Soy
	Spicy Popcorn Chicken W/B.Past	Wheat, Milk, Chicken
	Egg Salad Sandwich	Egg, Wheat, Soy

# SUMMIT PUBLIC SCHOOLS OCTOBER

## Lunch Bulk Menu



Date	Menu Item	Allergens
<b>Wednesday 13</b>	Corn Dog Chicken	Chicken, Soy, Egg, Wheat
	Pasta Primavera	Wheat, Milk, Soy
	Thai Curry Over Rice	Chicken, Fish
	Turkey And Jack On Dutch	Wheat, Turkey, Milk, Soy
<b>Thursday 14</b>	Chicken Nuggets W/ Butter & Cheese Pasta	Wheat, Soy, Egg, Milk, Chicken
	Pasta W/ Butter & Cheese	Wheat, Milk
	Bacon Cheeseburger	Wheat, Soy, Egg, Milk, Pork, Beef
	Bagel Kit	Wheat, Milk
<b>Friday 15</b>	Pepperoni Pizza	Wheat, Soy, Tomato, Pork, Milk, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Bean And Cheese Burrito	Milk, Wheat, Soy
	Chicken Pesto Wrap	Chicken, Wheat, Milk, Soy
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<b>Monday 18</b>	Beef Tamale W/ Spanish Rice	Wheat, Soy, Milk, Beef, Tomato
	Pasta W/ Marinara & Cheese	Wheat, Egg, Milk, Tomato
	Sweet And Sour Chicken	Chicken, Soy, Wheat, Egg, Milk
	Turkey And Cheddar Sandwich	Wheat, Milk, Turkey, Soy
<b>Tuesday 19</b>	Mr. Mike's Bbq Chicken Sandwich	Chicken, Wheat, Soy, Milk, Tomato
	Cheesy Bean Dip & Tortilla Chip	Milk, Soy
	Beef Hot Dog	Wheat, Beef, Soy
	Chicken Caesar Wrap	Wheat, Chicken, Milk, Egg, Fish
<b>Wednesday 20</b>	Bbq Chicken And Rice	Chicken, Tomato
	Cheese Enchiladas	Milk, Soy, Tomato
	Breaded Chicken Sandwich	Wheat, Soy, Milk, Chicken
	Farmers Market Chicken Salad W/ Roll	Wheat, Soy, Egg, Milk, Chicken
<b>Thursday 21</b>	Chicken Enchiladas	Wheat, Soy, Chicken, Tomato, Milk
	Mac And Cheese	Wheat, Milk
	Mini Chicken Corn Dogs	Wheat, Chicken, Soy, Egg
	Roast Beef & Swiss On French	Beef, Milk, Wheat
<b>Friday 22</b>	Pepperoni Pizza	Wheat, Soy, Tomato, Pork, Milk, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Curry Fried Rice	Wheat, Soy, Egg
	Beef Fajita Wrap	Wheat, Milk, Beef, Tomato, Egg
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<b>Monday 25</b>	Spicy Popcorn Chicken W/B.Past	Wheat, Milk, Chicken
	Broccoli Cheddar Potato Bowl W/ Roll	Wheat, Milk, Soy, Egg
	Breakfast Skillet W/ Biscuit	Wheat, Soy, Egg, Milk, Pork, Turkey
	Sunbutter & Jelly Sandwich	Wheat, Soy
<b>Tuesday 26</b>	Beef Hot Dog	Wheat, Beef, Soy
	Veggie Nuggets W/ Rice & Peas	Veg Wheat, Soy, Egg, Milk
	Fish Sticks, Rice Pilaf	Fish, Wheat, Chicken, Egg
	Spicy Popcorn Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken

SUMMIT PUBLIC SCHOOLS  
**OCTOBER**

Lunch Bulk Menu



Date	Menu Item	Allergens
<b>Wednesday 27</b>	Spaghetti W/Beef Meatsauce	Wheat, Egg, Beef, Milk, Tomato, Soy
	Red Beans & Rice	Tomato
	Greek Chicken & Rice Pilaf	Chicken
	Chicken Bacon Ranch Salad W/ Roll	Pork, Milk, Chicken, Wheat, Egg, Tomato, Soy
<b>Thursday 28</b>	Chicken Nuggets W/ Butter & Cheese Pasta	Wheat, Soy, Egg, Milk, Chicken
	Pasta W/ Butter & Cheese	Wheat, Milk
	Chicken Pesto Sandwich	Chicken, Milk, Wheat, Soy
	Turkey And Cheddar Sandwich	Wheat, Milk, Turkey, Soy
<b>Friday 29</b>	Pepperoni Pizza	Wheat, Soy, Tomato, Pork, Milk, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Chicken Fried Rice	Egg, Wheat, Soy, Chicken
	Asian Chicken Wrap	Chicken, Wheat, Soy, Milk

# SUMMIT PUBLIC SCHOOLS OCTOBER

## Fresh Start Breakfast



Date	Menu Item	Allergens
<b>Monday 27</b>	Egg & Cheese Breakfast Burrito	Wheat, Egg, Milk
	Yogurt With Grahams	Milk, Wheat
	Breakfast Cereal	Wheat
<b>Tuesday 28</b>	Hard Boiled Egg & Muffin	Milk, Soy, Wheat, Egg
	Breakfast Cereal	Wheat
<b>Wednesday 29</b>	Ham, Egg & Cheese Burrito	Wheat, Soy, Egg, Milk, Pork
	Apple Farmer's Market Bar	Wheat, Egg, Milk
	Breakfast Cereal	Wheat
<b>Thursday 30</b>	Pancake & Sausage Sandwich (P)	
	Apple Cinnamon Breakfast Scone	
	Breakfast Cereal	Wheat
<b>Friday 1</b>	French Toast Sticks	Wheat, Soy, Egg, Milk
	Bagel W/ Cream Cheese	Wheat, Milk
	Breakfast Cereal	Wheat
<b>Monday 4</b>	Mini Silver Dollar Pancakes W/ Syrup	Wheat, Soy, Egg, Milk
	Breakfast Bun	
	Berry Breakfast Scone	Wheat, Egg, Milk
<b>Tuesday 5</b>	Breakfast Chilaquiles	Wheat, Soy, Egg, Milk
	String Cheese And Mini Muffin	Milk, Wheat, Soy, Egg
	Breakfast Cereal	Wheat
<b>Wednesday 6</b>	French Toast Breakfast Bun	
	Banana Chocolate Chunk Scone	
	Breakfast Cereal	Wheat
<b>Thursday 7</b>	Breakfast Skillet W/ Biscuit	Egg, Milk, Wheat, Soy, Pork, Turkey
	Corn Muffin	
	Breakfast Cereal	Wheat
<b>Friday 8</b>	Melted Cheddar Bagel	Wheat, Soy, Milk
	Yogurt With Grahams	Milk, Wheat
	Breakfast Cereal	Wheat
<b>Tuesday 12</b>	Pork Sausage On A Bun	Wheat, Soy, Pork
	Yogurt With Grahams	Milk, Wheat
	Breakfast Cereal	Wheat
<b>Wednesday 13</b>	Sausage Egg Chs Muffin Pork	
	String Cheese And Mini Muffin	Milk, Wheat, Soy, Egg
	Breakfast Cereal	Wheat
<b>Thursday 14</b>	French Toast Sticks	Wheat, Soy, Egg, Milk
	Berry Breakfast Scone	Wheat, Egg, Milk
	Breakfast Cereal	Wheat
<b>Friday 15</b>	Sausage, Egg & Cheese Breakfast Burrito	Wheat, Egg, Milk, Pork

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# SUMMIT PUBLIC SCHOOLS OCTOBER

## Fresh Start Breakfast



Date	Menu Item	Allergens
	Apple Cinnamon Breakfast Scone	
	Breakfast Cereal	Wheat
<b>Monday 18</b>	Pancake & Sausage Sandwich (P)	
	Corn Muffin	
	Breakfast Cereal	Wheat
<b>Tuesday 19</b>	Breakfast Skillet W/ Biscuit	Egg, Milk, Wheat, Soy, Pork, Turkey
	Breakfast Bun	
	Breakfast Cereal	Wheat
<b>Wednesday 20</b>	French Toast Sticks	Wheat, Soy, Egg, Milk
	Bagel W/ Cream Cheese	Wheat, Milk
	Breakfast Cereal	Wheat
<b>Thursday 21</b>	Egg & Cheese Breakfast Taco	Egg, Milk, Wheat
	Banana Chocolate Chunk Farmers Market Bar	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat
<b>Friday 22</b>	Breakfast Chilaquiles	Wheat, Soy, Egg, Milk
	Cherry Frudel	Wheat, Milk
	Breakfast Cereal	Wheat
<b>Monday 25</b>	Egg & Cheese Breakfast Burrito	Wheat, Egg, Milk
	Yogurt With Grahams	Milk, Wheat
	Breakfast Cereal	Wheat
<b>Tuesday 26</b>	Sausage Egg Chs Muffin Pork	
	Hard Boiled Egg & Muffin	Milk, Soy, Wheat, Egg
	Breakfast Cereal	Wheat
<b>Wednesday 27</b>	Ham, Egg & Cheese Burrito	Wheat, Soy, Egg, Milk, Pork
	Apple Farmer's Market Bar	Wheat, Egg, Milk
	Breakfast Cereal	Wheat
<b>Thursday 28</b>	Pancake & Sausage Sandwich (P)	
	Apple Cinnamon Breakfast Scone	
	Breakfast Cereal	Wheat
<b>Friday 29</b>	French Toast Sticks	Wheat, Soy, Egg, Milk
	Bagel W/ Cream Cheese	Wheat, Milk
	Breakfast Cereal	Wheat