

Each entrée comes with the following:
 *1/2 Cup Vegetable, 1/2 Cup canned fruit,
 or Fresh fruit and/or 4oz. 100% Juice box
 *8oz 1% Low Fat White or 0% Chocolate
 milk
 **Students have a choice of 5 lunch items,
 But MUST choose at least 3.

Daily Menu:
Lunch Special of the Day
Peanut Butter & Jelly Sandwich
Romaine Salad Mix w/Meat & Cheese
(WG) Roll

READING EDGE ACADEMY
 &
SAMSULA ACADEMY

March
 Lunch Menu 2019/20



Lunch prices are as
 follows:
 Students: \$2.50
 Adults: \$3.25
 Extra Entr'ee 1.50
 Small water: \$50 cents
 Large Water: \$1.00
 (CN)= Child Nutrition
 (WG)= Whole Grain

Mon	TUES	WED	THURS	FRI
03/02 Teriyaki Chicken/ WG Breadstick Chicken & Cheese Salad /WG Roll (CN) Whole Wheat PBJ/ GoGurt Sides: Green Beans/ Carrot Sticks Fresh Oranges Or Apple Juice (WG) Pretzel	03 Taco Tuesday !! Seasoned Turkey on 6" Hard Shell Taco** Chicken & Cheese salad/ Breadstick (CN) Whole Wheat PBJ/ GoGurt Sides: Garbanzo Beans/ Carrot Sticks Peaches Or Apple Sauce	04 Hamburger/ Whole Grain Bun Chicken & Cheese Salad / Breadstick (CN) Whole Wheat PBJ/ GoGurt Sides: Fresh Broccoli /Carrot Sticks Fruit Cocktail Or Mandarin Oranges & (WG) Pretzel Stick	05 (WG) Chicken Corn Dog/ GoGurt Chicken & Cheese Salad/ Breadstick (CN) Whole Wheat PBJ/ GoGurt Sides: Mixed Vegetables/ Carrot sticks Pears Or Pineapples (WG) Pretzel Stick	06 (WG) Cheese Filled Breadstick/ Marinara Chicken & Chee Salad/ Breadstick (CN) Whole Wheat PBJ/ GoGurt Sides: Corn / Carrot Sticks Fresh Apples or Strawberry Applesauce
09 Breaded Chicken Patty/ WG Roll Chicken & Cheese salad/ Breadstick (CN) Whole Wheat PBJ/ GoGurt Sides: Green Beans/ Cucumbers Pears Or Pineapples (WG) Pretzel stick	10 Beef & Bean Burrito/ GoGurt Chicken & Cheese Salad /Breadstick (CN) Whole Wheat PBJ/ GoGurt Sides: Mixed Vegetables/Carrots Fruit Cocktail/ Mandarin Oranges (WG) Pretzel stick	11 Turkey Hot Dog/ Whole Wheat Bun/ Strawberry Banana Yogurt Chicken & Cheese Salad/ Breadstick (CN) Whole wheat PBJ/ GoGurt Sides: Fresh Zucchini/ Carrot Sticks Apple Sauce Or Peaches (WG) Pretzel Stick	12 (WG) Chicken Nuggets Chicken & Cheese Salad (CN) Whole Wheat PBJ/ GoGurt Sides: Garbanzo Beans/ Carrot Sticks Mixed Fruit Or 100% Juice (WG) Pretzel Stick	13 Teacher Duty Day Student Holiday
16 Spring Break Holiday Begins	17 Spring Break	18 Spring Break	19 Spring Break	20 Classes resume Monday March 23rd
23 Teriyaki Chicken/ WG Breadstick Chicken & Cheese Salad /WG Roll (CN) Whole Wheat PBJ/ GoGurt Sides: Green Beans/ Carrot Sticks Fresh Oranges Or Apple Juice (WG) Pretzel	24 Taco Tuesday !! Seasoned Turkey on 6" Hard Shell Taco** Chicken & Cheese salad/ Breadstick (CN) Whole Wheat PBJ/ GoGurt Sides: Garbanzo Beans/ Carrot Sticks Peaches Or Apple Sauce	25 Hamburger/ Whole Grain Bun Chicken & Cheese Salad / Breadstick (CN) Whole Wheat PBJ/ GoGurt Sides: Fresh Broccoli /Carrot Sticks Fruit Cocktail Or Mandarin Oranges (WG)Pretzel Stick	26 (WG) Chicken Corn Dog/ GoGurt Chicken & Cheese Salad/ Breadstick (CN) Whole Wheat PBJ/ GoGurt Sides: Mixed Vegetables/ Carrot sticks Pears Or Pineapples (WG) Pretzel Stick	27 (WG) Cheese Filled Breadstick/ Marinara Chicken & Chee Salad/ Breadstick (CN) Whole Wheat PBJ/ GoGurt Sides: Corn / Carrot Sticks Fresh Apples or Strawberry Applesauce
30 Breaded Chicken Patty/ WG Roll Chicken & Cheese salad/ Breadstick (CN) Whole Wheat PBJ/ GoGurt Sides: Green Beans/ Cucumbers Pears Or Pineapples (WG) Pretzel stick	31 Beef & Bean Burrito/ GoGurt Chicken & Cheese Salad /Breadstick (CN) Whole Wheat PBJ/ GoGurt Sides: Mixed Vegetables/Cucumbers Fresh Grapes/ Mandarin Oranges (WG) Pretzel stick	04/01 Turkey Hot Dog/ Whole Wheat Bun/ Strawberry Banana Yogurt Chicken & Cheese Salad/ Breadstick (CN) Whole wheat PBJ/ GoGurt Sides: Fresh Zucchini/ Carrot Sticks Apple Sauce Or Peaches (WG) Pretzel Stick	02 (WG) Chicken Nuggets Chicken & Cheese Salad (CN) Whole Wheat PBJ/ GoGurt Sides: Garbanzo Beans/ Carrot Sticks Mixed Fruit Or 100% Juice (WG) Pretzel Stick	03 (WG) Cheese Filled Breadstick/ Marinara Chicken & Chee Salad/ Breadstick (CN) Whole Wheat PBJ/ GoGurt Sides: Corn / Carrot Sticks Fresh Apples or Strawberry Applesauce