

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
September
Lunch Menu 2019



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
<p>02</p> <p>Labor Day Holiday</p>	<p>03</p> <p>Breaded Chicken Patty/ WG Roll</p> <p>Chicken & Cheese salad/ Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Green Beans/ Carrot Sticks Pears Or Pineapples (WG) Pretzel stick</p>	<p>04</p> <p>Turkey Hot Dog/ Whole Wheat Bun/ Yogurt</p> <p>Chicken & Cheese Salad/ Breadstick</p> <p>(CN) Whole wheat PBJ/ Go Gurt</p> <p>Sides: Fresh Zucchini/ Cucumbers Apple Sauce Or Peaches (WG) Pretzel Stick</p>	<p>05</p> <p>(WG) Chicken Egg Roll</p> <p>Chicken & Cheese Salad/Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Garbanzo Beans/ Cucumbers Grapes Or Apple Juice</p>	<p>06</p> <p>(WG) Cheese Filled Breadstick/ Marinara</p> <p>Chicken & Cheese Salad Breadstick</p> <p>(CN)Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Corn/ carrot Sticks Fresh Apples or Orange Juice</p>
<p>09</p> <p>(WG) Chocolate Chip French Toast Syrup/Turkey Sausage Patty</p> <p>Chicken & Cheese Salad /WG Roll</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Green Beans/ Carrot Sticks Fresh Oranges Or Apple Juice (WG) Pretzel</p>	<p>10</p> <p>Taco Tuesday !! Seasoned Turkey on 6' Hard Shell Taco**</p> <p>Chicken & Cheese salad/ Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Garbanzo Beans/ Carrot Sticks Peaches Or Apple Sauce</p>	<p>11</p> <p>BBQ Chicken/ WG Roll/ Strawberry Waffle</p> <p>Chicken & Cheese Salad /Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Mixed Vegetables/ Carrot Sticks Pineapples Or Pears WG Pretzel Sticks</p>	<p>12</p> <p>Hamburger/ Whole Grain Bun</p> <p>Chicken & Cheese Salad / Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Fresh Broccoli/Cucumbers Fruit Cocktail Or Mandarin oranges (WG) Pretzel Stick</p>	<p>13</p> <p>(WG) Cheese Filled Breadstick/ Marinara</p> <p>Chicken & Chee Salad/ Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Corn / Carrot Sticks Fresh Apples or Strawberry Applesauce</p>
<p>16</p> <p>Professional Development Day Student Holiday</p>	<p>17</p> <p>Whole Wheat Chicken And Cheese Soft Taco</p> <p>Cheese Salad /WG Garlic Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Garbanzo Beans / Carrot Sticks Mandarin Oranges Or Fruit cocktail</p>	<p>18</p> <p>Macaroni & Cheese/ 1 Stick of String Cheese</p> <p>Chicken & Cheese Salad/Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Broccoli/ Cucumbers Fresh Grapes Or 100% Juice (WG) Pretzel stick</p>	<p>19</p> <p>(WG) Chicken Corn Dog/ Go Gurt</p> <p>Chicken & Cheese Salad/ Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Green Beans/ Carrot sticks Peaches Or Pineapples (WG) Pretzel Stick</p>	<p>20</p> <p>(WG) Cheese Filled Breadstick/ Marinara</p> <p>Cheese Salad/ Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Corn / Carrot Sticks Fresh Apples Or Orange Juice</p>
<p>23</p> <p>(WG) Stuffed Shells/ Marinara</p> <p>Chicken & Cheese Salad</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Mixed Vegetables/ Carrots Mandarin Oranges Or Fruit Cocktail (WG) Pretzel Stick</p>	<p>24</p> <p>Breaded Chicken Patty/ WG Roll</p> <p>Chicken & Cheese salad/ Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Green Beans/ Carrot Sticks Pears Or Pineapples (WG) Pretzel stick</p>	<p>25</p> <p>Turkey Hot Dog/ Whole Wheat Bun/ Yogurt</p> <p>Chicken & Cheese Salad/ Breadstick</p> <p>(CN) Whole wheat PBJ/ Go Gurt</p> <p>Sides: Fresh Zucchini/ Cucumbers Apple Sauce Or Peaches (WG) Pretzel Stick</p>	<p>26</p> <p>(WG) Chicken Egg Roll</p> <p>Chicken & Cheese Salad/Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Garbanzo Beans/ Cucumbers Grapes Or Apple Juice</p>	<p>27</p> <p>(WG) Cheese Filled Breadstick/ Marinara</p> <p>Chicken & Cheese Salad Breadsti</p> <p>(CN)Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Corn/ carrot Sticks Fresh Apples Or Orange Juice</p>
<p>30</p> <p>(WG) Chocolate Chip French Toast Syrup/Turkey Sausage Patty</p> <p>Chicken & Cheese Salad /WG Roll</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Green Beans/ Carrot Sticks Fresh Oranges Or Apple Juice (WG) Pretzel</p>	<p>10/01</p> <p>Taco Tuesday !! Seasoned Turkey on 6' Hard Shell Taco**</p> <p>Chicken & Cheese salad/ Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Garbanzo Beans/ Carrot Sticks Peaches Or Apple Sauce</p>	<p>02</p> <p>BBQ Chicken/ WG Roll/ Strawberry Waffle</p> <p>Chicken & Cheese Salad /Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Mixed Vegetables/ Carrot Sticks Pineapples Or Pears WG Pretzel Sticks</p>	<p>03</p> <p>Hamburger/ Whole Grain Bun</p> <p>Chicken & Cheese Salad / Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Fresh Broccoli /Cucumbers Fruit Cocktail Or Mandarin oranges (WG) Pretzel Stick</p>	<p>04</p> <p>(WG) Flat Bread Cheese Pizza</p> <p>Chicken & Chee Salad/ Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p>Sides: Corn / Carrot Sticks Fresh Apples or Strawberry Applesauce</p>