

**Each entrée comes with the following:**

\*1/2 Cup Vegetable, 1 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 4 Breakfast  
items, But MUST choose at least 3.

**Daily Menu:  
Special of the Day  
Or Assorted Whole Grain Cereal**

**READING EDGE ACADEMY**

**&**

**SAMSULA ACADEMY**

**November  
Breakfast Menu  
2021/2022**

**Breakfast prices are as  
follows:**

Students: \$1.00

Adults: \$2.00

Xtra Entr'ee 1.00

Small water: \$50 cents

Large Water: \$1.00

(CN)= Child Nutrition

(WG)= Whole Grain

(WGR)= Whole Grain Rich

MON	TUES	WED	THURSD	FRI
11/01  (WG) Banana Muffin Or Assorted (WG) Cereal  <u>Sides:</u> 2/4 oz. cups of Fruit (WGR) Pretzel Stick	02  WGR Popcorn Chicken Or Assorted (WG) Cereal  <u>Sides:</u> 4 oz Cup of Fruit and 4 oz.100% Juice Tomato Soup	03  (WG) Cinnamon Pop Tart Or Assorted (WG) Cereal  <u>Sides:</u> 2/4 oz. cups of Fruit (WGR) Pretzel Stick	04  (WG) Blueberry Muffin Or Assorted (WG) Cereal  <u>Sides:</u> 4 oz Cup of Fruit and 4 oz.100% Juice Tomato Soup	05  (WGR) Cinnamon Roll Or Assorted (WG) Cereal  <u>Sides:</u> 2/4 oz. cups of fruit
08  (WG) Banana Muffin Or Assorted (WG) Cereal  <u>Sides:</u> 2/4 oz. cups of Fruit (WGR) Pretzel Stick	09  (WW) Chocolate Chip French Toast Or Assorted (WG) Cereal  <u>Sides:</u> 4 oz. cups of Fruit & 4 Oz 100% Juice Tomato Soup	10  (WGR) Banana Bread Or Assorted (WG) Cereal  <u>Sides:</u> 2/4 oz. cups of Fruit Tomato Soup	11  (WG) Popcorn Chicken Or Assorted (WG) Cereal  <u>Sides:</u> 4 oz.Cup Fruit and 4 oz.100% Juice (WG) Pretzel Stick	12  (WGR) Cinnamon Roll Or Assorted (WG) Cereal  <u>Sides:</u> 2/4 oz. cups of fruit
15  (WG) Banana Muffin Or Assorted (WG) Cereal  <u>Sides:</u> 2/4 oz. cups of Fruit (WGR) Pretzel Stick	16  (WG) Strawberry Pop Tart/ Or Assorted (WG) Cereal  <u>Sides:</u> 4 oz. cup of Fruit and 4 oz.100% Juice (WGR) Pretzel Stick	17  Egg Sandwich/ (WG) Roll/ Or Assorted (WG) Cereal  <u>Sides:</u> 2/4 oz. cups of Fruit Tomato Soup	18  (WG) Apple Cinnamon Muffin Or Assorted (WG) Cereal  <u>Sides:</u> 4 oz.Cup Fruit and 4 oz.100% Juice (WG) Pretzel Stick	19  (WGR) Cinnamon Roll Or Assorted (WG) Cereal  <u>Sides:</u> 2/4 oz. cups of Fruit
22  Thanksgiving Holiday Begins	23  Thanksgiving Holiday	24  Thanksgiving Holiday	25  Thanksgiving Holiday	26  Classes Resume 11/29/2021
29  (WG) Banana Muffin Or Assorted (WG) Cereal  <u>Sides:</u> 2/4 oz. cups of Fruit (WGR) Pretzel Stick	30  WGR Chicken Sausage Pancake Or Assorted (WG) Cereal  <u>Sides:</u> 4 oz Cup of Fruit and 4 oz.100% Juice Tomato Soup	31  (WG) Cinnamon Pop Tart Or Assorted (WG) Cereal  <u>Sides:</u> 2/4 oz. cups of Fruit (WGR) Pretzel Stick	32  (WG) Blueberry Muffin Or Assorted (WG) Cereal  <u>Sides:</u> 4 oz Cup of Fruit and 4 oz.100% Juice Tomato Soup	33  (WGR) Cinnamon Roll Or Assorted (WG) Cereal  <u>Sides:</u> 2/4 oz. cups of fruit

