

**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  
w/WG Roll

**READING EDGE ACADEMY  
&  
SAMSULA ACADEMY**

**September  
Breakfast Menu  
2021/2022**

**Lunch prices are as follows:**

Students: \$1.50  
Adults: \$2.00  
Xtra Entr'ee 1.00  
Small water: \$0.50  
Large Water: \$1.00  
(CN)= Child Nutrition  
(WG)= Whole Grain

MON	TUES	WED	THURSD	FRI
08/30  Brownie Muffin Or Assorted Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice 100% Vegetable Juice (WGR) Pretzel Stick	31  (WG) Chicken Sausage Pancake Wrap  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice (WGR) Pretzel Stick	09/01  Egg Sandwich/ (WG) Roll Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice 100% Vegetable Juice	02  (WGR) Mini Waffles/ Syrup Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice 100% Vegetable Juice	03  WG Popcorn Chicken Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice
06  <b>Labor Day</b>	07  (WGR) Banana Bread Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	08  (WG) Cinnamon Pop Tart /Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Banana Yogurt Canned Fruit Or 100% Juice V8 Juice	09  WG Chicken Sausage Pancake Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	10  WG Popcorn Chicken Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice
13  Brownie Muffin Or Assorted Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice 100% Vegetable Juice (WGR) Pretzel Stick	14  (WG) Strawberry Pop Tart/ Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice (WGR) Pretzel Stick	15  Egg Sandwich/ (WG) Roll Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice 100% Vegetable Juice	16  (WGR) Mini Waffles/ Syrup Or Assorted( WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice 100% Vegetable Juice	17  WG Popcorn Chicken Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice
20  Professional Development Day Student Holiday	21  (WGR) Banana Bread Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	22  (WG) Cinnamon Pop Tart /Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Banana Yogurt Canned Fruit Or 100% Juice V8 Juice	23  WG Chicken Sausage Pancake Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	24  WG Popcorn Chicken Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice
27  Brownie Muffin Or Assorted Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice 100% Vegetable Juice (WGR) Pretzel Stick	28  (WG) Strawberry Pop Tart/ Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice (WGR) Pretzel Stick	29  Egg Sandwich/ (WG) Roll Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice 100% Vegetable Juice	30  (WGR) Mini Waffles/ Syrup Or Assorted( WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice 100% Vegetable Juice	10/01  WG Popcorn Chicken Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice