

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**

September
Lunch Menu 2021/2022



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

(WGR)= Whole Grain Rich

(WW)= Whole Wheat

Monday	TUES	WED	THURS	FRI
09/06 Labor Day Holiday	07 Taco Tuesday Seasoned Turkey/ 6' Whole Corn Taco Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <u>Sides:</u> Garbanzo Beans/ Cucumbers Peaches Or Apple Sauce	08 (WG) Chicken Corn Dog/ GoGurt Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <u>Sides:</u> Mixed Vegetables/ Carrot sticks Fresh Apples Or Orange Juice (WGR) Pretzel Stick	09 (WG) Breaded Chicken Sandwich Chicken & Cheese salad/ (WGR) Breadstick (WGR) PBJ/ Yogurt <u>Sides:</u> Cooked Carrots/ Cucumbers Pears Or Pineapples (WGR) Pretzel stick	10 (WGR) Mozzarella Cheese Sticks Marinara/ Chips Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <u>Sides:</u> Corn/ Cucumbers Mandarin Oranges Or Apple Juice
13 Chicken Nuggets/Chips Chicken & Cheese salad/ (WGR) Breadstick (WGR) PBJ/ Yogurt <u>Sides:</u> Fresh Broccoli/ Cucumbers Fresh Oranges Or Apple Juice (WGR) Pretzel stick	14 (WG) Chocolate Chip Pancakes/ Turkey Sausage/Chicken Bacon Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ Yogurt <u>Sides:</u> Garbanzo Beans/ Carrot sticks Peaches Or Apple sauce	15 Mac & Cheese/ WGR Breadstick Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ Go Gurt <u>Sides:</u> Fresh Broccoli / Cucumbers Pears Or Pineapples WGR Pretzel Stick	16 Chicken Cutlet (WGR) Breadstick Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <u>Sides:</u> Zucchini F. Cocktail or Strawberry Applesauce (WGR) Pretzel Stick	17 (WGR) Mozzarella Cheese Sticks Marinara/ Chips Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <u>Sides:</u> Corn/ Cucumbers Mandarin Oranges Or Apple Juice
20 Professional Development Day Student Holiday	21 (WG) Breaded Pork Patty Sandwich Chicken & Cheese salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <u>Sides:</u> Zucchini Fresh Oranges Or Peaches (WGR) Pretzel stick	22 (WGR) Beef Teriyaki /Breadstick Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <u>Sides:</u> Garbanzo Beans/ Fresh Oranges Or Apple Juice	23 (WG) Breaded Chicken Sandwich Chicken & Cheese salad/ (WGR) Breadstick (WGR) PBJ/ Yogurt <u>Sides:</u> Cooked Carrots/ Cucumbers Pears Or Pineapples (WGR) Pretzel stick	24 (WGR) Mozzarella Cheese Sticks Marinara/ Chips (WGR) Cheese Filled Breadstick Marinara/ Chips Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt Corn Mandarin Oranges Or Apple Juice
27 Chicken Nuggets/Chips Chicken & Cheese salad/ (WGR) Breadstick (WGR) PBJ/ Yogurt <u>Sides:</u> Fresh Broccoli/ Cucumbers Fruit Cocktail/ Strawberry Applesauce (WGR) Pretzel stick	28 Taco Tuesday Seasoned Turkey/ 6' Whole Corn Taco Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <u>Sides:</u> Garbanzo Beans/ Cucumbers Peaches Or Apple Sauce	29 (WG) Chicken Corn Dog/ GoGurt Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <u>Sides:</u> Mixed Vegetables/ Carrot sticks Fresh Apples Or Orange Juice (WGR) Pretzel Stick	30 (WG) Chocolate Chip Pancakes Turkey Sausage/Chicken Bacon Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ Yogurt <u>Sides:</u> Garbanzo Beans/ Carrot sticks Peaches Or Apple sauce	10/01 (WGR) Mozzarella Cheese Sticks Marinara/ Chips Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <u>Sides:</u> Corn/ Cucumbers Mandarin Oranges Or Apple Juice

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