

**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**

**August  
Lunch Menu 2019/20**



**Lunch prices are as follows:**

Students: \$2.50

Adults: \$3.25

Extra Entr'ee 1.50

Small water: \$0.50

Large Water: \$1.00

(CN)= Child Nutrition

(WG)= Whole Grain

12 Mon	13 TUES	14 WED	15 THURS	16 FRI
<p>(WG) Cheese Filled Breadstick/ With Marinara</p> <p>Chicken &amp; Cheese Salad /Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p><b>Sides:</b> Mixed Vegetables/Carrots Fruit Cocktail/ Mandarin Oranges</p>	<p>Breaded Chicken Patty/ WG Roll</p> <p>Chicken &amp; Cheese salad/ Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p><b>Sides:</b> Mixed Vegetables/ Carrot Sticks Pears Or Pineapples (WG ) Pretzel stick</p>	<p>Whole Wheat Turkey Hot Dog/ Yogurt</p> <p>Chicken &amp; Cheese Salad/ Breadstick</p> <p>(CN) Whole wheat PBJ/ Go Gurt</p> <p><b>Sides:</b> Fresh Zucchini/ Cucumbers Apple Sauce Or Peaches (WG) Pretzel Stick</p>	<p>(WG) Chicken Egg Roll/ Honey Mustard</p> <p>Chicken &amp; Cheese Salad/Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p><b>Sides:</b> Garbanzo Beans/ Cucumbers Grapes Or Apple Juice</p>	<p>(WG) Flat Bread Cheese Pizza</p> <p>Chicken &amp; Cheese Salad Breadstick</p> <p>(CN)Whole Wheat PBJ/ Go Gurt</p> <p><b>Sides:</b> Corn/ carrot Sticks Fresh Apples or Orange Juice</p>
<p>(WG) Chocolate Chip French Toast Syrup/Turkey Sausage Patty</p> <p>Chicken &amp; Cheese Salad /WG Roll</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p><b>Sides:</b> Green Beans/ Carrot Sticks Fresh Oranges Or Apple Juice (WG) Pretzel</p>	<p><b>Taco Tuesday !!</b> Seasoned Turkey on 6 ' Hard Shell Taco**</p> <p>Chicken &amp; Cheese salad/ Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p><b>Sides:</b> Garbanzo Beans/ Carrot Sticks Peaches Or Apple Sauce</p>	<p>BBQ Chicken/ WG Roll/ (WG) Strawberry Waffle</p> <p>Chicken &amp; Cheese Salad /Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p><b>Sides:</b> Mixed Vegetables/ Carrot Sticks Pineapples Or Pears (WG) Pretzel Sticks</p>	<p>Hamburger/ Whole Grain Bun</p> <p>Chicken &amp; Cheese Salad / Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p><b>Sides:</b> Fresh Broccoli/ Cucumbers Fruit Cocktail Or Mandarin oranges (WG) Pretzel Stick</p>	<p>(WG) Flat Bread Cheese Pizza</p> <p>Chicken &amp; Chee Salad/ Breadstick, and A Go Gurt</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p><b>Sides:</b> Corn / Carrot Sticks Fresh Apples or Strawberry Applesauce</p>
<p>Chicken Nuggets (WG) Strawberry Waffle</p> <p>Chicken &amp; Cheese Salad</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p><b>Sides:</b> Mixed Vegetables/ Cucumbers Pears Or Pineapples (WG) Pretzel Stick</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><b>Sides:</b> Garbanzo Beans / Carrot Sticks Mandarin Oranges Or Fruit cocktail</p>	<p>Macaroni &amp; Cheese</p> <p>Chicken &amp; Cheese Salad/Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p><b>Sides:</b> Green Beans/ Cucumbers Fresh Grapes Or 100% Juice (WG) Pretzel stick</p>	<p>(WG) Chicken Corn Dog/ Go Gurt</p> <p>Chicken &amp; Cheese Salad/ Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p><b>Sides:</b> Fresh Broccoli/ Carrot sticks Peaches Or Pineapples (WG) Pretzel Stick</p>	<p>(WG) Flat Bread Cheese Pizza</p> <p>Cheese Salad/ Breadstick</p> <p>(CN) Whole Wheat PBJ/ Go Gurt</p> <p><b>Sides:</b> Corn / Carrot Sticks Fresh Apples Or Orange Juice</p>

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