

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
October
Breakfast Menu
2020/2021**

Lunch prices are as follows:

Students: \$1.50
Adults: \$2.00
Xtra Entr'ee 1.00
Small water: \$50 cents
Large Water: \$1.00
(CN)= Child Nutrition
(WG)= Whole Grain

MON	TUESDAY	WED	THURSDAY	FRI
9/28 (WG) Chicken Sausage Pancake Or Assorted (WG) Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice (WGR) Pretzel Stick	29 (WG) Strawberry Pop Tart/ Or Assorted (WG) Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice (WGR) Pretzel Stick	30 Egg Sandwich/ (WGR) Roll Or Assorted (WG) Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice 100% Vegetable Juice	10/01 (WG) Mini Waffles/ Syrup <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice 100% Vegetable Juice	02 (WG) Cinnamon Roll/GoGurt Or Assorted (WG) Cereal/ Strawberry Banana Yogurt <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice
05 Brownie Muffin Or Assorted Cereal/ Yogurt <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice 100% Vegetable Juice (WG) Pretzel Stick	06 (WGR) Banana Bread Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	07 (WG) Cinnamon Pop Tart /Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Banana Yogurt Canned Fruit Or 100% Juice V8 Juice	08 (WG) Popcorn Chicken / Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	09 (WG) Cinnamon Roll/GoGurt Or Assorted (WG) Cereal/ Strawberry Banana Yogurt <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice
12 (WG) Chicken Sausage Pancake Or Assorted (WG) Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice (WGR) Pretzel Stick	13 (WG) Strawberry Pop Tart/ Or Assorted (WG) Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice (WGR) Pretzel Stick	14 Egg Sandwich/ (WGR) Roll Or Assorted (WG) Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice 100% Vegetable Juice	15 (WG) Mini Waffles/ Syrup <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice 100% Vegetable Juice	16 (WG) Cinnamon Roll/GoGurt Or Assorted (WG) Cereal/ Strawberry Banana Yogurt <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice
19 Brownie Muffin Or Assorted Cereal/ Yogurt <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice 100% Vegetable Juice (WG) Pretzel Stick	20 (WGR) Banana Bread Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	21 (WG) Cinnamon Pop Tart /Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Banana Yogurt Canned Fruit Or 100% Juice V8 Juice	22 (WG) Popcorn Chicken / Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	23 (WG) Cinnamon Roll/GoGurt Or Assorted (WG) Cereal/ Strawberry Banana Yogurt <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice
26 (WG) Chicken Sausage Pancake Or Assorted (WG) Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice (WGR) Pretzel Stick	27 (WG) Strawberry Pop Tart/ Or Assorted (WG) Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice (WGR) Pretzel Stick	28 Egg Sandwich/ (WGR) Roll Or Assorted (WG) Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice 100% Vegetable Juice	29 (WG) Mini Waffles/ Syrup <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice 100% Vegetable Juice	30 (WG) Cinnamon Roll/GoGurt Or Assorted (WG) Cereal/ Strawberry Banana Yogurt <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice