

**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**

**October  
Lunch Menu 2020/21**



**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

(WGR)= Whole Grain Rich

(WW)= Whole Wheat

	TUES	WED	THURS	FRI
9/28 Breaded Chicken Patty/ (WGR) Roll Chicken & Cheese salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Cooked Carrots/ Cucumbers Peaches Or Apple Sauce (WGR) Pretzel stick	29 Taco Tuesday!! Seasoned Turkey/ 6' hard corn shell Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ Yogurt <b>Sides:</b> Garbanzo Beans/ Cucumbers Fruit Cocktail Or Mandarin Orangers	30 (WG) Chicken Corn Dog/ GoGurt Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Zucchini/ Carrot sticks Pears Or Pineapples (WGR) Pretzel Stick	10/01 (WG) Chicken Nuggets/ Potato Chips Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Fresh Broccoli/ Cucumbers Mixed Fruit or Strawberry Applesauce (WGR) Pretzel Stick	02 (WW) Cheddar Cheese Con Queso Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Corn/ Carrot Sticks Fresh Oranges or Apple Juice
05 (WGR) Mozzarella Cheese Sticks With Marinara/ Potato Chips Chicken & Cheese Salad / (WGR) Breadstick (WGR) PBJ/ Yogurt <b>Sides:</b> Garbanzo Beans/ Cucumbers Fresh Apples or Orange Juice	06 Teriyaki Chicken/ (WG) Roll Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Fresh Zucchini/ Carrot Sticks Mixed Fruit Or 100% Juice (WGR) Pretzel Stick	07 Mac & Cheese/ <del>XXXXXXXXXX</del> Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Fresh Broccoli / Cucumbers F. Cocktail /Mandarin Oranges (WGR) Pretzel Stick	08 Hamburger (WG) Bun Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Cooked Carrots /Cucumbers Pears Or Pineapples (WGR) Pretzel Stick	09 (WW) Cheddar Cheese Con Queso Chicken & Chee Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Corn / Carrot Sticks Fresh Apples or Orange Juice
12 Breaded Chicken Patty/ (WG) Roll Chicken & Cheese salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Cooked Carrots/ Cucumbers Pears Or Pineapples (WGR) Pretzel stick	13 Seasoned Beef/ Whole Corn Tosfito's Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ Yogurt <b>Sides:</b> Garbanzo Beans/ Cucumbers Peaches Or Apple Sauce	14 (WW) Chicken Hot Dog/ Yogurt Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Zucchini/ Carrot sticks Fresh Apples Or Orange juice (WGR) Pretzel Stick	15 (WG) Chicken Nuggets/ Potato Chips Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Fresh Broccoli/ Cucumbers Mixed Fruit or Strawberry Applesauce (WGR) Pretzel Stick	16 (WW) Cheddar Cheese Con Queso Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Corn/ Carrot Sticks Fresh Oranges or Apple Juice
19 (WG) Mozzarella Cheese Sticks With Marinara/ Potato Chips Chicken & Cheese Salad / (WGR) Breadstick (WGR) PBJ/ Yogurt <b>Sides:</b> Garbanzo Beans/ Cucumbers Fresh Apples or Orange Juice	20 Teriyaki Chicken/ (WG) Roll Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Fresh Zucchini/ Carrot Sticks Mixed Fruit Or 100% Juice (WGR) Pretzel Stick	21 Mac & Cheese/ <del>XXXXXXXXXX</del> Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ Go Gurt <b>Sides:</b> Fresh Broccoli / Cucumbers F. Cocktail /Mandarin Oranges (WGR) Pretzel Stick	22 Hamburger (WG) Bun Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Cooked Carrots /Cucumbers Pears Or Pineapples (WGR) Pretzel Stick	23 (WW) Cheddar Cheese Con Queso Chicken & Chee Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Corn / Carrot Sticks Fresh Apples or Orange Juice
26 Breaded Chicken Patty/ (WGR) Roll Chicken & Cheese salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Cooked Carrots/ Cucumbers Peaches Or Apple Sauce (WGR) Pretzel stick	27 Taco Tuesday!! Seasoned Turkey/ 6' hard corn shell Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ Yogurt <b>Sides:</b> Garbanzo Beans/ Cucumbers Fruit Cocktail Or Mandarin oranges	28 (WG) Chicken Corn Dog/ GoGurt Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Zucchini/ Carrot sticks Fresh Apples Or Orange Juice (WGR) Pretzel Stick	29 (WG) Chicken Nuggets/ Potato Chips Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Fresh Broccoli/ Cucumbers Mixed Fruit or Strawberry Applesauce (WGR) Pretzel Stick	30 (WW) Cheddar Cheese Con Queso Chicken & Cheese Salad/ (WGR) Breadstick (WGR) PBJ/ GoGurt <b>Sides:</b> Cor. Carrot Sticks Fresh Oranges or Apple Juice

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