

**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  
2018/2019  
Breakfast Menu**



**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	THURS	FRI
01  (WG) Cinnamon Granola Bar Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice	02  (WG) Apple Cinnamon Muffin Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice	03  (WG) Banana Bread Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice	04  (WG) Cinnamon Pop Tart Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	05  (WG) Corn Muffin , Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick
08  (WG) French Toast Sticks Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soupo	09  (WG) Bacon & Egg Sandwich Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice	10  (WG) Bagel With Cream Cheese or Jelly, Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	11  (WG) Mini Waffles Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	12  (WG) Cinnamon Roll Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice
Teacher Duty Day Student Holiday	16  (WG) Cinnamon Granola Bar Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice V8 Juice	17  (WG) Strawberry Pop Tart Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Tomato Soup	18  (WG) Banana Bread Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	19  (WG) Cinnamon Raisin Bagel Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice WG Pretzel Stick
22  (WG) French Toast Stick Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	23  (WG) Apple Cinnamon Muffin Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup	24  (WG) Cinnamon Pop Tart Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup	25  (WG) Egg Sandwich Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice	26  (WG) Cinnamon Roll Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick
29  Whole Wheat Bagel Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice	30  Blueberry Muffin Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice	31  (WG) Strawberry Pop Tart Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup	11/01  Scrambled Eggs, Chicken Bacon, (WG) Roll, Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Tomato Soup	02  (WG) Corn Muffin Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick