

**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**  
**Lunch Menu**



**Lunch prices are as follows:**  
 Students: \$2.50  
 Adults: \$3.25  
 Extr Ent'ee 1.50  
 Small water: \$50 cents  
 Large Water: \$1.00  
 (CN)= Child Nutrition  
 (WG)= Whole Grain

Mon	TUE	WED	THURS	FRI
<b>01</b> <b>Chicken Tenders/ WG Roll</b>  Chicken & Cheese salad/ WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Green Beans/ Cucumbers Fruit cocktail Or Mandarin Oranges (WG) Graham Cracker	<b>02</b> <b>Backwards Day!</b> <b>(WG) Chocolate French Toast/Syrup</b>  Chicken & Cheese salad/ WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Mixed Vegetables/ Cucumbers Apple Sauce Or Pears (WG) Pretzel Stick	<b>03</b> <b>(WG) Breaded Chicken Sandwich</b>  Chicken & Cheese Salad/ WG Roll (CN) Whole wheat PBJ  <u>Sides:</u> Fresh Zucchini / Carrot Sticks Fresh Grapes or 100% Juice	<b>04</b> <b>(WG) Beef &amp; Bean Burrito</b>  Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Garbanzo Beans/ Carrot Sticks Peaches or Pineapples	<b>05</b> <b>(WG) Cheese Pizza</b>  Chicken & Cheese Salad/ WG Roll (CN)Whole Wheat PBJ  <u>Sides:</u> Corn / Cucumbers Fresh Oranges or 100% Fruit Juice (WG) Graham Cracker
<b>08</b> <b>(WG) Turkey Meatball Sub</b>  Chicken & Cheese salad (CN) Whole Wheat PBJ  <u>Sides:</u> Green Beans/ Cucumbers Fresh Oranges or 100% Juice (WG) Graham Cracker	<b>09</b> <b>Taco Tuesday !!</b> Seasoned Turkey on 6" Hard Taco Shell  Chicken & Cheese Salad/WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Garbanzo Beans / Cucumbers Peaches Or Applesauce	<b>10</b> <b>(WG) Mac &amp; Cheese/ Bread Sick</b>  Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Broccoli/ Cucumbers Pineapples Or Pears (WG) Pretzel Stick	<b>11</b> <b>(WG) Hamburger</b>  Chicken & Cheese Salad / WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Mixed Veggies /Carrot Sticks Fruit Cocktail/ Mandarin Oranges (WG) Graham Cracker	<b>12</b> <b>(WG) Cheese Pizza</b>  Chicken & Cheese Salad / WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Corn / Carrot Sticks Fresh Apples Or 100% Juice (WG) Graham Cracker
<b>15</b> <b>Teacher Duty Day</b> <b>Student Holiday</b>	<b>16</b> <b>(WG) Cheese Filled Bread Stick/ Marinara</b>  Chicken & Cheese Salad /WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Broccoli / Cucumbers Fruit Cocktail/ Mandarin Oranges (WG) Pretzel Stick	<b>17</b> <b>(WG) Breaded Chicken Sandwich</b>  Chicken & Cheese Salad/ WG Roll (CN) Whole wheat PBJ  <u>Sides:</u> Mixed Vegetables/ Carrot Sticks Fresh Grapes or 100% Juice (WG) Graham Cracker	<b>18</b> <b>(WG) Chicken Corn Dog/ Crackers</b>  Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Green Beans/ Carrot Sticks Peaches or Apple Sauce (WG) Graham Cracker	<b>19</b> <b>(WG) Cheese Pizza</b>  Chicken & Cheese Salad/ WG Roll (CN)Whole Wheat PBJ  <u>Sides:</u> Corn / Carrot Sticks Fresh Apples or 100% Fruit Juice (WG) Graham Cracker
<b>22</b> <b>(WG) Chicken Nuggets</b>  Chicken & Cheese Salad /WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Green Beans/ Cucumbers Fresh Oranges Or Juice (WG) Graham Cracker	<b>23</b> <b>Taco Tuesday !!</b> Seasoned Turkey on 6" Hard Shell Taco**  Chicken & Cheese salad/ WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Garbanzo Beans / Carrot Sticks Peaches Or Pears	<b>24</b> <b>(WG) Chicken Hot Dog/ Crackers</b>  Chicken & Cheese Salad / WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Steamed Broccoli / Cucumber Fresh Banana's Or Strawberry Apple Sauce (WG) Pretzel Stick	<b>25</b> <b>(WG) Hamburger</b>  Chicken & Cheese Salad / WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Fresh Zucchini /Carrot Sticks Fruit Cocktail Or Pineapples (WG) Graham Cracker	<b>26</b> <b>(WG) Cheese Pizza</b>  Chicken & Cheese Salad / WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Corn / Carrot Sticks Fresh Apples or 100% Juice
<b>29</b> <b>(WG) Stuffed Shells Marinara</b>  Chicken & Cheese Salad /WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Green Beans/ Cucumber Apple Sauce Or Pears (WG) Pretzel Stick	<b>30</b> <b>(WG) Chicken Corn Dog/ Crackers</b>  Chicken & Cheese Salad /WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Garbanzo Beans/ Carrot Sticks Mandarin Oranges Or Fruit cocktail	<b>31</b> <b>(WG) Mac &amp; Cheese/ Bread Stick</b>  Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Broccoli/Carrot Sticks Fresh Apples Or 100% Juice (WG) Graham Cracker	<b>11/01</b> <b>Chicken Nuggets</b>  Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Fresh Zucchini/ Cucumbers Peaches Or Pineapples (WG) Graham Cracker	<b>02</b> <b>(WG) Cheese pizza</b>  Cheese Salad/ WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Corn / Carrot Sticks Fresh Apples Or 100% Juice (WG) Graham Cracker