

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: \$2.40

Adults: \$3.25

Extra Entr'ee

Small water: \$0.50

Large Water: \$1.00

(CN)= Child Nutrition

(WG)= Whole Grain

MON	TUE	WED	THURS	FRI
<p>02</p> <p>Chicken Tenders/ WG Breadstick</p> <p>Chicken & Cheese salad/ WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Green Beans/ Carrot Sticks Fruit cocktail Or Mandarin Oranges (WG) Pretzel Stick</p>	<p>03</p> <p>(WG) Cheese Filled Bread Sticks/ Marinara Sauce</p> <p>Chicken & Cheese salad/ WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Mixed Vegetables/ Cucumbers Apple Sauce Or Pears (WG) Pretzel Stick</p>	<p>04</p> <p>(WG) Breaded Chicken Sandwich</p> <p>Chicken & Cheese Salad/ WG Roll (CN) Whole wheat PBJ</p> <p>Sides: Fresh Zucchini / Cucumbers Fresh Grapes or 100% Juice (WG) Pretzel Stick</p>	<p>05</p> <p>(WG) Chicken Corn Dog</p> <p>Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Pinto Beans/ Carrot Sticks Peaches or Pineapples</p>	<p>06</p> <p>Chicken Nuggets</p> <p>Chicken & Cheese Salad/ WG Roll (CN)Whole Wheat PBJ</p> <p>Sides: Corn / Cucumbers Fresh Oranges or 100% Fruit Juice (WG) Pretzel Stick</p>
<p>09</p> <p>(WG) Stuffed Shells</p> <p>Chicken & Cheese Salad /WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Green Beans/ Cucumbers Fresh Apples or 100% Fruit Juice (WG) Pretzel Stick</p>	<p>10</p> <p>Taco Tuesday !! 6 ' Hard Shell Corn Taco</p> <p>Chicken & Cheese salad/ WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Pinto Beans / Cucumbers Pears or Mandarin Oranges (WG) pretzel Stick</p>	<p>11</p> <p>(WG) Turkey Hot Dog/ Crackers</p> <p>Chicken & Cheese & Salad/ WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Steamed Broccoli / Cucumber Fresh Banana's Or Strawberry Banana Apple Sauce (WG) Pretzel Stick</p>	<p>12</p> <p>(WG) Hamburger</p> <p>Chicken & Cheese Salad / WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Fresh Zucchini /Cucumbers Fruit Cocktail Or Pineapples (WG) Pretzel Stick</p>	<p>13</p> <p>Chicken Nuggets</p> <p>Chicken & Cheese Salad / WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Corn / Carrot Sticks Fresh Apples or 100% Juice (WG) Pretzel Stick</p>
<p>16</p> <p>(Backwards Day) (WG) Mini Blueberry Pancakes</p> <p>Chicken & Cheese Salad /WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Green Beans/ Cucumbers Peaches Or Mandarin Oranges (WG) Pretzel Stick</p>	<p>17</p> <p>(WG) Chicken Corn Dog</p> <p>Chicken & Cheese Salad /WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Pinto Beans/ Carrot Sticks Pears Or Fruit Cocktail</p>	<p>18</p> <p>(WG) Mac & Cheese/ Bread Stick</p> <p>Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Broccoli/Carrot Sticks Fresh Banana Or 00% Juice</p>	<p>19</p> <p>Beef Ravioli/ Garlic Bread</p> <p>Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Fresh Zucchini/ Cucumbers Apple Sauce Or Pineapples (WG) Pretzel Stick</p>	<p>20</p> <p>(WG) Chicken Nuggets</p> <p>Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Corn / Cucumbers Fresh Oranges Or 100% Juice (WG) Pretzel Stick</p>
<p>23</p> <p>(WG) Chicken Tenders/ WG Breadstick</p> <p>Chicken & Cheese salad/ WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Green Beans/ Carrot Sticks Fruit cocktail Or Mandarin Oranges (WG) Pretzel Stick</p>	<p>24</p> <p>(WG) Cheese Filled Bread Sticks/ Marinara Sauce</p> <p>Chicken & Cheese salad/ WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Mixed Vegetables/ Cucumbers Apple Sauce Or Pears</p>	<p>25</p> <p>(WG) Breaded Chicken Sandwich</p> <p>Chicken & Cheese Salad/ WG Roll (CN) Whole wheat PBJ</p> <p>Sides: Fresh Zucchini / Cucumbers Fresh Grapes or 100% Juice (WG) Pretzel Stick</p>	<p>26</p> <p>(WG) Turkey Hot Dog/ Cracker</p> <p>Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Pinto Beans/ Carrot Sticks Peaches Or Pineapples</p>	<p>27</p> <p>(WG) Chicken Nuggets</p> <p>Chicken & Cheese Salad/ WG Roll (CN)Whole Wheat PBJ</p> <p>Sides: Corn / Cucumbers Fresh Apples or 100% Fruit Juice</p>
<p>30</p> <p>(WG)Turkey Meatball Sub's</p> <p>Chicken & Cheese salad/ WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Green Beans/ Cucumbers Peaches Or Mandarin Oranges (WG) Pretzel Stick</p>	<p>31</p> <p>(WG) Chicken Corn Dog</p> <p>Chicken & Cheese salad/ WG Roll (CN) Whole Wheat PBJ</p> <p>Sides: Pinto Beans/ Carrot Sticks Pears Or Fruit Cocktail</p>			