

# Samsula Academy

## Lunch Menu

August/ September 2015

**\*Lunch Special of the Day**  
**\*Peanut Butter & Jelly Sandwich**  
**\*Romaine Salad Mix With Meat**  
**\*Cheese and Whole Grain bread**

**entree comes with the following:**  
 1/2 cup vegetable, 1/2 cup canned fruit, or fresh fruit and/or 4 oz. juice box and 8 oz. 1% white milk or 0% chocolate milk  
**Students have a choice of 5 lunch items, But must choose at least 3**

**Lunch Prices are as Follows:**  
**Students \$2.20 /Adults: \$3.25**

**Small Water Bottles: 50 cents**  
**Large Water \$ 1.00**  
**(CN) Child Nutrition**  
**(WG) Whole Grain**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/24 <b>(WG) Breaded Baked Chicken Sandwich</b> Chicken & Cheese Salad/(WG) Roll Whole Wheat PBJ <b>Sides:</b> Green Beans/ Carrot Sticks Apple Sauce or Juice (WG) Pretzel Stick	25 <b>Taco Tuesday</b> Seasoned Turkey on 6" Hard Shell Taco Chicken & Cheese Salad/WG Roll (CN) Whole Wheat PBJ <b>Sides:</b> Pinto Beans / Cucumbers Pears Or Mandarin Oranges (WG) Pretzel Stick	26 <b>(WG) Hot Chicken Tender Wrap with Ranch Dressing</b> Chicken & Cheese Salad/WG Roll (CN) Whole Wheat PBJ <b>Sides:</b> Mixed Veggies/ Cucumbers Fresh Strawberries (WG) Pretzel Stick	27 <b>(WG) Hamburger</b> Chicken & Cheese Salad/WG Roll (CN) Whole Wheat PBJ <b>Sides:</b> Fresh Zucchini/ Carrots Pears or Pineapples (WG) Pretzel Stick	28 <b>(WG) Turkey Pepperoni And Cheese Filled Pocket/ Marinara</b> Chicken & Cheese Salad/ WG Roll (CN)Whole Wheat PBJ <b>Sides:</b> Corn / Carrot Fresh Oranges or 100% Fruit Juice
31 <b>Backwards Day</b> <b>(WG) Mini Waffles/ Syrup</b> Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ <b>Sides:</b> Fresh Broccoli/ Carrots Sticks Fresh Grapes or 100% Fruit Juice (WG) Pretzel Stick	09/01 <b>(WG) Mozzarella Cheese Stick/ Marinara Sauce</b> Chicken & Cheese Salad/WG Roll (CN) PBJ <b>Sides:</b> Green Beans/ Carrot Sticks Pears Or Pineapples (WG) Pretzel Stick	2 <b>All Beef Hotdog/ Whole Wheat Bun</b> Chicken & Cheese Salad / WG Roll (CN) Whole Wheat PB <b>Sides:</b> Mixed Vegetables / Carrot Sticks Fruit Cocktail or Apple Sauce (WG) Pretzel Stick	3 <b>Chicken Nuggets</b> Chicken & Cheese Salad / WG Roll (CN) Whole Wheat PBJ <b>Sides:</b> Pinto Beans / Cucumbers Fresh Strawberries (WG) Pretzel Stick	4 <b>(WG) Turkey Pepperoni And Cheese Filled Pocket/ Marinara</b> Chicken & Cheese Salad/ Roll (CN) Whole Wheat PBJ <b>Sides:</b> Corn/ Cucumbers Fresh Bananas or 100% Fruit Juice
7 <b>Labor Day Holiday</b>	8 <b>Chicken Tenders</b> Chicken & Cheese Salad /WG Roll (CN) Whole Wheat PBJ <b>Sides:</b> Pinto Beans / Carrots Peaches Or Applesauce (WG) Pretzel Stick	9 <b>Hamburger/(WG) Roll</b> Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ <b>Sides:</b> Fresh Broccoli/ Carrots Grapes Or 100% Fruit Juice (WG) Pretzel Stick	10 <b>(WG) BBQ Chicken Sandwich</b> Chicken & Cheese Salad/ WG Roll (CN) PBJ <b>Sides:</b> Mixed Vegetables/ Carrot Sticks Pineapples Or Fruit Cocktail (WG) Pretzel Stick	11 <b>(WG) Turkey Pepperoni And Cheese Filled Pocket/ Marinara</b> Chicken & Cheese Salad/ WG Roll (CN)Whole Wheat PBJ <b>Sides:</b> Corn / Cucumbers Oranges or 100% Fruit Juice
14 <b>(WG) Penne Pasta/ Marinara</b> Chicken & Cheese Salad/WG Roll (CN) Whole Wheat PBJ <b>Sides:</b> Green Beans/ Cucumbers Fresh Bananas or 100% Fruit Juice (WG) Pretzel Stick	15 <b>Taco Tuesday</b> Seasoned Turkey on 6" Hard Shell Taco Chicken & Cheese Salad/WG Roll (CN) Whole Wheat PBJ <b>Sides:</b> Pinto Beans/Carrots Pineapples Or Mandarin Oranges	16 <b>(WG) Mac &amp; Cheese</b> Chicken & Cheese Salad/WG Roll (CN) Whole Wheat PBJ <b>Sides:</b> Fresh Broccoli /Carrots Pears Or Applesauce (WG) Strawberry Graham Cracker	17 <b>(WG) Turkey Corn Dogs</b> Chicken & Cheese Salad/WG Roll (CN) Whole Wheat PBJ <b>Sides:</b> Fresh Zucchini/Carrots Fruit Cocktail Or Applesauce (WG) Pretzel Stick	18 <b>(WG) Turkey Pepperoni And Cheese Filled Pocket/ Marinara</b> Chicken & Cheese Salad/ WG Roll (CN)Whole Wheat PBJ <b>Sides:</b> Corn / Carrots Strawberry Banana Apple Sauce or 100% Fruit Juice
21 <b>Professional development Day Student Holiday</b>	22 <b>(WG) Mozzarella Cheese Sticks/ Marinara Sauce</b> Chicken & Cheese Salad/WG Roll (CN) Whole Wheat PBJ <b>Sides:</b> Mixed Veggies/Carrots Pears / Pineapples (WG) Pretzel Stick	23 <b>All Beef Hot Dog On (WG) Bun</b> Chicken & Cheese Salad / WG Roll (CN) Whole Wheat PBJ <b>Sides:</b> Fresh Zucchini/ Carrot Sticks Apple Sauce or Fruit Cocktail (WG) Pretzel Stick	24 <b>(CN) Chicken Nuggets</b> Chicken & Cheese Salad / WG Roll (CN) Whole Wheat PBJ <b>Sides:</b> Pinto Beans / Cucumbers Pineapples or Peaches (WG) Pretzel Stick	25 <b>(WG) Turkey Pepperoni And Cheese Filled Pocket/ Marinara</b> Chicken & Cheese Salad/ WG Roll (CN)Whole Wheat PBJ <b>Sides:</b> Corn/ Carrots Fresh Apples or 100% Fruit Juice