

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**

Breakfast
2018/2019
SEPTEMBER



Lunch prices are as follows:

Students: \$1.50
Adults: \$2.00
Xtra Entr'ee 1.00
Small water: \$50 cents
Large Water: \$1.00
(CN)= Child Nutrition
(WG)= Whole Grain

| MON | TUES | WED | THURS | FRI |
|--|--|---|---|--|
| <p>03</p> <p>(WG) Breakfast Pizza Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice</p> | <p>04</p> <p>(WG) Blueberry Muffin Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice</p> | <p>05</p> <p>(WG) Banana Bread Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice</p> | <p>06</p> <p>(WG) Cinnamon Pop Tart Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick</p> | <p>07</p> <p>Scrambled Eggs, Chicken Bacon, (WG) Roll, Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick</p> |
| <p>10</p> <p>(WG) French Toast Sticks Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soupo</p> | <p>11</p> <p>(WG) Blueberry Pancakes/ Syrup Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice</p> | <p>12</p> <p>(WG) Bagel With Cream Cheese or Jelly, Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick</p> | <p>13</p> <p>(WG) Mini Waffles Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick</p> | <p>14</p> <p>(WG) Cinnamon Roll Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice</p> |
| <p>Professional Development Day Student Holiday</p> | <p>18</p> <p>(WG) Cinnamon Granola Bar Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice V8 Juice</p> | <p>19</p> <p>Scrambled Eggs, Chicken Bacon, (WG) Roll, Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Tomato Soup</p> | <p>20</p> <p>(WG) Banana Bread Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick</p> | <p>21</p> <p>(WG) Cinnamon Raisin Bagel Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice</p> |
| <p>24</p> <p>(WG) Banana Muffin Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Sick</p> | <p>25</p> <p>(WG) Blueberry Pancakes/ Syrup Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soupo</p> | <p>26</p> <p>(WG) Cinnamon Pop Tart Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soupo</p> | <p>27</p> <p>(WG) Egg Sandwich Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice</p> | <p>28</p> <p>(WG) Cinnamon Roll Or Assorted (WG) Cereal</p> <p><u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick</p> |