

**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**

**September  
2019  
Breakfast Menu**



**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	THURSD	FRI
02  <b>Labor Day Holiday</b>	03  (WG) Banana Bread Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice (WG) Pretzel Stick Low sodium Tomato Soup	04  (WG) Cinnamon Raisin Bagel Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice Low Sodium V8 Juice	05  (WG) Turkey Sausage Pancake Wrap Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice	06  (WG) Brownie Muffin/ Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice (WG) Pretzel Stick
09  (WG) Chocolate French Toast Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Yogurt Canned Fruit Or 100% Juice	10  (WG) Scrambled Egg/ Bacon/Roll Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup (WG) Pretzel Stick	11  (WG) Bagel With Jelly, Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice (WG) Pretzel Stick Low Sodium Tomato Soup	12  (WG) Mini Waffles/ Syrup, Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Yogurt Canned Fruit Or 100% Juice	13  (WG) Brownie Muffin/ Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Gogurt Canned Fruit Or 100% Juice (WG) Pretzel Stick
16  Professional Development Day Student Holiday	17  (WG) Corn Muffin  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup	18  (W G) Strawberry Pop Tart/or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice	19  (WG) Egg Sandwich Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Yogurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	20  (WG) Brownie Muffin/ Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice WG Pretzel Stick
23  (WG) Cinnamon Pop tart Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Gogurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	24  (WG) Banana Bread Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice (WG) Pretzel Stick Low sodium Tomato Soup	25  (WG) Cinnamon Raisin Bagel Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice Low Sodium V8 Juice	26  (WG) Turkey Sausage Pancake Wrap Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice	27  (WG) Brownie Muffin/ Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice (WG) Pretzel Stick
30  (WG) Chocolate French Toast Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Yogurt Canned Fruit Or 100% Juice	10/01  (WG) Scrambled Egg/ Bacon/Roll Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup (WG) Pretzel Stick	02  (WG) Bagel With Jelly, Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry GoGurt Canned Fruit Or 100% Juice (WG) Pretzel Stick Low Sodium Tomato Soup	03  (WG) Mini Waffles/ Syrup, Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Yogurt Canned Fruit Or 100%	04  (WG) Brownie Muffin/ Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Gogurt Canned Fruit Or 100% Juice (WG) Pretzel Stick