

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 Menu

January 2019

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
07 (WG) French Toast/Syrup Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Yogurt Canned Fruit Or 100% Juice	08 (WG) Cinnamon Raisin Bagel Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup	09 (WG) Turkey Sausage Pancake Wrap Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Yogurt Canned Fruit Or 100% Juice	10 (WG) Cinnamon Pop Tart Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	11 Scrambled Eggs, Chicken Bacon, (WG) Roll, Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick Low Sodium Tomato Souo
14 (WG) Cinnamon Granola bar Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Yogurt Canned Fruit Or 100% Juice	15 (WG) Egg Sandwich/ Bacon/Roll Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup (WG) Pretzel Stick	16 (WG) Bagel With Jelly, Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick Low Sodium Tomato Soup	17 (WG) Mini Waffles Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	18 (WG) Cinnamon Roll Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice
21 Martin Luther King's Birthday Student Holiday	22 (WG) Blueberry Muffin Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup (WG) Pretzel stick	23 (WG) Strawberry Pop Tart Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup	24 (WG) Banana Bread Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Yogurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	25 (WG) Cinnamon Raisin Bagel/ Jelly Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice WG Pretzel Stick
28 (WG) French Toast Stick Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	29 (WG) Breakfast Taquito Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup	30 (WG) Cinnamon Pop Tart Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice WG Pretzel Stick	31 (WG) Egg Sandwich Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice	02/01 (WG) Cinnamon Roll Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick