

**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**  
**(WG) Roll**

**READING EDGE ACADEMY**

**&**

**SAMSULA ACADEMY**

**JANUARY 2019**

**Lunch Menu**



**Lunch prices are as follows:**

Students: \$2.50

Adults: \$3.25

Extra Enr'ee 1.50

Small water: \$50 cents

Large Water: \$1.00

(CN)= Child Nutrition

(WG)= Whole Grain

Mon	TUES	WED	THURS	FRI
<b>01/07/2019</b>  <b>Chicken Tenders/ WG Bread Stick</b>  Chicken & Cheese salad (CN) Whole Wheat PBJ  <u>Sides:</u> Garbanzo Beans/ Cucumbers Pears Or Pineapples	<b>08</b>  <b>(WG) Cheese Filled Bread Stick/ Marinara</b>  Chicken & Cheese Salad /WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Broccoli / Cucumbers Fruit Cocktail/ Mandarin Oranges (WG) Pretzel Stick	<b>09</b>  <b>(WG) Breaded Chicken Sandwich</b>  Chicken & Cheese Salad/ WG Roll (CN) Whole wheat PBJ  <u>Sides:</u> Mixed Vegetables/ Carrot Sticks Fresh Grapes or 100% Juice (WG) Pretzel Stick	<b>10</b>  <b>(WG) Chicken Corn Dog/ Crackers</b>  Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Green Beans/ Carrot Sticks Peaches or Apple Sauce (WG) Pretzel Stick	<b>11</b>  <b>(WG) Cheese Pizza</b>  Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Corn / Carrot Sticks Fresh Apples or 100% Fruit Juice
<b>14</b>  <b>(WG) Chicken Nuggets</b>  Chicken & Cheese Salad /WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Green Beans/ Cucumbers Fresh Oranges Or Juice (WG) Pretzel Stick	<b>15</b>  <b>Taco Tuesday !!</b> <b>Seasened Turkey on 6 ' Hard Shell Taco**</b>  Chicken & Cheese salad/ WG Roll  (CN) Whole Wheat PBJ  <u>Sides:</u> Garbanzo Beans / Carrot Sticks Peaches Or Pears	<b>16</b>  <b>(WG) Turkey Hot Dog/ Crackers</b>  Chicken & Cheese Salad / WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Steamed Broccoli / Cucumber Fresh Banana's Or Strawberry Apple Sauce (WG) Pretzel Stick	<b>17</b>  <b>(WG) Hamburger</b>  Chicken & Cheese Salad / WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Fresh Zucchini /Carrot Sticks Fruit Cocktail Or Pineapples (WG) Pretzel Stick	<b>18</b>  <b>(WG) Cheese Pizza</b>  Chicken & Cheese Salad / WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Corn / Carrot Sticks Fresh Apples or 100% Juice
<b>21</b>  <b>Martin Luther King's Birthday Student Holiday</b>	<b>22</b>  <b>BBQ Chicken Sandwich/ WG Roll</b>  Chicken & Cheese Salad /WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Garbanzo Beans/ Cucumbers Mandarin Oranges Or Fruit cocktail	<b>23</b>  <b>(WG) Beef &amp; Bean Burrito</b>  Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Broccoli/Cucumbers Fresh Grapes Or 100% Juice (WG) Pretzel Stick	<b>24</b>  <b>Chicken Nuggets</b>  Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Fresh Zucchini/ Carrot Sticks Peaches Or Pineapples (WG) Pretzel Stick	<b>25</b>  <b>(WG) Cheese pizza</b>  Cheese Salad/ WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Corn / Carrot Sticks Fresh Apples Or 100% Juice
<b>28</b>  <b>Chicken Tenders/ WG Bread Stick</b>  Chicken & Cheese salad (CN) Whole Wheat PBJ  <u>Sides:</u> Garbanzo Beans/ Cucumbers Pears Or Pineapples	<b>29</b>  <b>Salisbury Steak Sandwich</b>  Chicken & Cheese Salad /WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Broccoli / Cucumbers Fruit Cocktail/ Mandarin Oranges (WG) Pretzel Stick	<b>30</b>  <b>(WG) Breaded Chicken Sandwich</b>  Chicken & Cheese Salad/ WG Roll (CN) Whole wheat PBJ  <u>Sides:</u> Mixed Vegetables/ Carrot Sticks Fresh Grapes or 100% Juice (WG) Pretzel Stick	<b>31</b>  <b>(WG) Chicken Corn Dog/ Crackers</b>  Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Green Beans/ Carrot Sticks Peaches or Apple Sauce (WG) Pretzel Stick	<b>02/ 01</b>  <b>(WG) Cheese Pizza</b>  Chicken & Cheese Salad/ WG Roll (CN) Whole Wheat PBJ  <u>Sides:</u> Corn / Carrot Sticks Fresh Apples or 100% Fruit Juice

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