

**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**

**October Breakfast**  
**2017**



**Lunch prices are as follows:**

Students: \$1.00

Adults: \$2.00

Xtra Entr'ee 1.50

Small water: \$50 cents

Large Water: \$1.00

(CN)= Child Nutrition

(WG)= Whole Grain

MON	TUES	WED	THURS	FRI
2  (WG) Blueberry Muffin Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	3  (WG) Strawberry Pop Tart Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice	4  Scrambled Eggs, Chicken Bacon, (WG) Roll Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Tomato Soup	5  (WG) Banana Bread Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	6  Turkey Breakfast Pizza Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice
9  (WG) Sausage Pancake Sandwich Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Graham Cracker	10  (WG) Blueberry Pancakes w/Syrup Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup	11  (WG) Donut Cake Hole Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice	12  (WG) Egg Sandwich Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice	13  (WG) Cinnamon Roll Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick
16  (WG) Bagel With Cream Cheese & Jelly Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup	17  (WG) Turkey Sausage Pancake Wrap Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice	18  (WG) Strawberry Pop Tart Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	19  (WG) Mini Maple Waffles Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup	20  (WG) Corn Muffin Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick
23  (WG) Turkey Breakfast Pizza Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice	24  (WG) Blueberry Muffin Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice	25  (WG) Banana Bread Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice	26  (WG) Cinnamon Pop Tart Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	27  Scrambled Eggs, Chicken Bacon (WG) Roll Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick
30  (WG) Donut Cake Hole Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice WG Pretzel Stick	31  (WG) Blueberry Pancakes w/Syrup Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice	11 / 1  (WG) Bagel With Cream Cheese & Jelly Or Assorted (WG) Cereal  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup	11 / 2  (WG) Mini Maple Waffles Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice	11 / 3  (WG) Cinnamon Roll Or Assorted (WG) Cereals  <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice WG Pretzel Stick