

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 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
28 (WG) Blueberry Muffin Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	29 (WG) Strawberry Pop Tart Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice	30 Scrambled Eggs, Chicken Bacon, (WG) Roll, Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Tomato Soup	31 (WG) Banana Bread Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	09/01 Professional Development Day Student Holiday
04 Labor Day Student Holiday	05 (WG) Blueberry Pancakes w/Syrup Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup	06 (WG) Donut Cake Hole Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice	07 (WG) Egg Sandwich Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice	08 (WG) Cinnamon Roll Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick
11 (WG) Bagel With Cream Chesse & Jelly Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup	12 (WG) Turkey Sausage Pancake Wrap Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice	13 (WG) Strawberry Pop Tart Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	14 (WG) Mini Maple Waffles Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup	15 (WG) Corn Muffin Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick
18 (WG) Turkey Breakfast Pizza Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice	19 (WG) Blueberry Muffin Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice	20 (WG) Banana Bread Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice	21 (WG) Cinnamon Pop Tart Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	22 Scrambled Eggs, Chicken Bacon (WG) Roll Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick
25 (WG) Donut Cake Hole Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup	26 (WG) Blueberry Pancakes w/Syrup Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice	27 (WG) Bagel With Cream Chesse & Jelly Or Assorted (WG) Cereal <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium Tomato Soup	28 (WG) Chocolate Fudge Pop Tart Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice (WG) Pretzel Stick	29 (WG) Cinnamon Roll Or Assorted (WG) Cereals <u>Sides:</u> Strawberry Go Gurt Canned Fruit Or 100% Juice Low Sodium V8 Juice