

# READING EDGE ACADEMY

## & SAMSULA Academy

### Lunch Menu

August /September

2022/2023

#### Lunch prices are as follows:

Students: \$2.50

Adults: \$3.25

Extra Entrée 1.50

Small water: \$50 cents

Large Water: \$1.00

(CN)= Child Nutrition

(WG)= Whole Grain

(WGR)= Whole Grain Rich

(WW)= Whole Wheat

**Each entrée comes with the following:**

\*1/2 Cup Vegetable, ½ 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

Mon	TUE	WED	THUR	FRI
<b>08/15/2022</b> WGR Chicken Nuggets/ Potato Chips Chicken & Cheese Salad/ (WGR) Bun (WGR PBJ/ GoGurt)  Sides: Cooked Broccoli/ Cucumbers F. Cocktail I Or Strawberry Applesauce (WGR) Pretzel Stick	16 Bean And Beef Burrito Chicken & Cheese Salad/ (WGR) Bun (WGR) PBJ/ GoGurt  Sides: Pinto Beans/ Carrot Sticks Peaches Or Pineapples	17 (WG) Chicken Corn Dog/ Chips Chicken & Cheese Salad/ (WGR) Bun (WGR) PBJ/ GoGurt  Sides: Mixed Vegetables/ Carrot sticks Mandarin Oranges Or Pears (WGR) Pretzel Stick	18 Chicken Cutlet/ WGR Bun Chicken & Cheese Salad/ (WGR) Bun (WGR) PBJ/ GoGurt  Sides: Fresh Zucchini Carrot Sticks Fresh Apples Or Orange Juice (WGR) Pretzel Stick	19 (WGR) Mozzarella Cheese Sticks Marinara/ Chips Chicken & Cheese Salad/ (WGR) Bun (WGR) PBJ/ GoGurt  Sides: Corn/Cucumbers Fresh Oranges Or Apple Juice
22 WGR Chicken Nuggets/ Potato Chips Chicken & Cheese Salad/ WGR Bun (WGR PBJ/ GoGurt)  Sides: Cooked Carrots/ Cucumbers F. Cocktail I Or Strawberry Applesauce (WGR) Pretzel Stick	23 <h2 style="font-size: 2em;">No School</h2>	24 Hot Dog/ Chips Chicken & Cheese Salad/ (WGR) Bun (WGR) PBJ/ GoGurt  Sides: Mixed Veggies/ Cucumbers Fresh Apples Or Orange Juice WGR Pretzel Stick	25 Breaded Chicken Sandwich\ (WG) Bun Chicken & Cheese salad/ (WGR) Bun (WGR) PBJ/ GoGurt  Sides: Fresh Broccoli/ Cucumbers Cinnamon Applesauce Or Pineapples (WGR) Pretzel stick	26 (WGR) Mozzarella Cheese Sticks Marinara/ Chips Chicken & Cheese Salad/ (WGR) Bun (WGR) PBJ/ GoGurt  Sides: Corn/ Carrot Sticks Fresh Oranges Or Apple Juice
29 WGR Chicken Nuggets/ Potato Chips Chicken & Cheese Salad/ (WGR) Bun (WGR PBJ/ GoGurt)  Sides: Cooked Carrots/ Cucumbers F. Cocktail Or Strawberry Applesauce (WGR) Pretzel Stick	30 Sausage Pancake/ Chicken Bacon Granola Bar Chicken & Cheese Salad/ (WGR) Bun (WGR) PBJ/ Yogurt  Sides: Broccoli/ Carrot sticks Fresh Apples Or Orange Juice (WGR) Pretzel Stick	31 Seasoned Taco Meat/ Chips Chicken & Cheese Salad/ (WGR) Bun (WGR) PBJ/ Yogurt  Sides: Pinto Beans/ Carrot Sticks Mandarin Oranges Or Pears	09/1 (WGR) Chicken Tenders Chicken & Cheese salad/ (WGR) Bun (WGR) PBJ/ GoGurt  Sides: Mixed Vegetables Or Carrot Sticks Pineapples Or Apple Sauce (WGR) Pretzel stick	09/2 (WGR) Mozzarella Cheese Sticks Marinara/ Chips Chicken & Cheese Salad/ (WGR) Bun (WGR) PBJ/ GoGurt  Sides: Corn/ Cucumbers Fresh Oranges Or Apple Juice
09/5 WGR Chicken Nuggets/ Potato Chips Chicken & Cheese Salad/ (WGR) Bun (WGR PBJ/ GoGurt)  Sides: Cooked Broccoli/ Cucumbers F. Cocktail I Or Strawberry Applesauce (WGR) Pretzel Stick	09/6 Taco Tuesday Seasoned Turkey/ 6' Whole Corn Taco Chicken & Cheese Salad/ (WGR) Bun (WGR) PBJ/ GoGurt  Sides: Pinto Beans/ Carrot Sticks Peaches Or Pineapples	09/7 (WG) Chicken Corn Dog/ Chips Chicken & Cheese Salad/ (WGR) Bun (WGR) PBJ/ GoGurt  Sides: Mixed Vegetables/ Carrot sticks Mandarin Oranges Or Pears (WGR) Pretzel Stick	09/8 Breaded Chicken Sandwich\ (WG) Bun Chicken & Cheese salad/ (WGR) Bun (WGR) PBJ/ GoGurt  Sides: Mixed Vegetables/ Cucumbers Cinnamon Applesauce Or Pineapples (WGR) Pretzel stick	09/9 (WGR) Mozzarella Cheese Sticks Marinara/ Chips Chicken & Cheese Salad/ (WGR) Bun (WGR) PBJ/ GoGurt  Sides: Corn/ Cucumbers Fresh Oranges Or Apple Juice

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