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Please check the District Website, Food Services Tab to learn more.



# Reading School District Elementary School Lunch Menu August/September 2023



**Meal Prices**  
Adult Breakfast Meal - \$2.95  
Adult Lunch Meal - \$5.00  
\*\* Menu Subject to Change\*\*

Sign up for [Schoolcafe.com](http://Schoolcafe.com) to Look up nutritionals & make payments. Set up an account to receive low balance alerts.



**Alternate Entree of the week**  
8/28-9/1 - Wow Butter Sandwich  
9/4-9/8- Yogurt Meal Pack  
9/11-9/15- Crispy Chicken Salad w/Roll  
9/18-9/22- Turkey & Cheese Sandwich  
9/25-9/29- Chef Salad w/Roll

\*\* Alternate Entree option will be served with fruit and vegetable of the day.\*\*\*\*

Daily Juice Variety: Only 1 Juice Allowed w/Meal  
Apple Juice  
Grape Juice  
Fruit Punch

Fruit & Vegetable Options\*  
Carrots Apples  
Cucumbers Bananas  
Broccoli Peaches  
Cauliflower Pears  
Celery Pineapple  
Sugar Snap Peas Strawberries  
Grapes  
\*\* Fruit & Vegetable Provided Depend On Availability

**Milk**  
1% and Skim White  
Skim Chocolate

(Soy Milk is available for students w/dairy allergies)



Monday	Tuesday	Wednesday	Thursday	Friday
<b>28-Aug * First Day of School</b> Chicken Patty Sandwich  Green Beans Cherry Tomatoes Peaches 100% Frozen Froot Juice Treat	<b>29-Aug</b> Brunch for Lunch: French Toast Sticks w/Turkey Sausage  Hash Brown Rounds Carrot & Celery Sticks Craisins/ Fresh Fruit	<b>30-Aug</b> Chicken Alfredo Pasta w/ Texas Toast  Steamed Broccoli Salad Greens w/Dressing Fruit Cocktail Fresh Fruit	<b>31-Aug</b> Hamburger on Bun  Smile Fries Baked Beans Pears Fresh Fruit	<b>1-Sep</b> <b>No School</b>
<b>4-Sep</b>  <b>No School</b>	<b>5-Sep</b> Try It Tuesday!!! Chicken Tinga over Tortilla Chips Refried Beans Salad Greens w/Dressing Plantains Fresh Fruit	<b>6-Sep</b> Cheeseburger Mac & Cheese w/Roll  Steamed Peas Fresh Veggie Sticks Diced Peas Fresh Fruit	<b>7-Sep</b> Beef Hot Dog on Bun  Cole Slaw Waffle Fries Peaches Fresh Fruit	<b>8-Sep</b> Calzonette's w/Sauce  Carrot Coins Fresh Veggie Sticks Pineapples Fresh Fruit
<b>11-Sep</b> Sweet-n-Sour Chicken Over Rice  Oriental Blend Vegetables Fresh Veggie Sticks Mandarin Oranges/Fresh Fruit Fortune Cookie	<b>12-Sep</b> Cheese Ravioli w/ Breadstick  Steamed Broccoli Salad Greens w/Dressing Fruit Cocktail Fresh Fruit	<b>13-Sep</b> Walking Turkey Taco  Lettuce & Tomato Salsa Cup Ranchero Pinto Beans Plantains/ Fresh Fruit WG Churro	<b>14-Sep</b> Chicken & Waffles  Sugar Snap Peas Carrot Sticks Peaches Fresh Fruit	<b>15-Sep</b> Sea Wonder Shapes w/Roll  Steamy Corn Salad Greens w/Dressing Apple Snack Pack Fresh Fruit
<b>18-Sep</b> Mega Mini Chicken Nuggets w/Roll  Baked Sweet Potato Tots Green Beans Peaches Fresh Fruit	<b>19-Sep</b> Cheese Pizza  Fresh Broccoli Florets Hummus w/Veggie Sticks Pineapple Chunks Fresh Fruit	<b>20-Sep</b> Salisbury Steak w/Gravy & Roll  Mashed Potatoes Corn Warm Cinnamon Apples Fresh Fruit	<b>21-Sep</b> Rotini Pasta w/Meatsauce & Breadstick  Roasted Cauliflower Salad Greens w/Dressing Fruit Cocktail Fresh Fruit	<b>22-Sep</b> Grilled Cheese Sandwich  Tomato Soup w/ Goldfish Crackers Fresh Veggie Sticks Applesauce Fresh Fruit
<b>25-Sep</b> Maxi Cheese Sticks w/Sauce  California Blend Vegetables Fresh Veggie Sticks Pineapples Fresh Fruit	<b>26-Sep</b> Brunch for Lunch: Dutch Waffle w/ Turkey Sausage  Hash Brown Rounds Cucumber Slices Raisins Fresh Fruit	<b>27-Sep</b> Hot Ham & Cheese on Pretzel Roll  Sweet Potato Waffle Fries Cole Slaw Pears Fresh Fruit	<b>28-Sep</b> Turkey & Pierogies w/Gravy  Carrot Coins Salad Greens w/Dressing Peaches Fresh Fruit	<b>29-Sep</b> Mini Corn Dog Nuggets  Fiesta Beans Corn Apple Snack Pack Fresh Fruit

### The Knight LUNCH Meal Deal

\* Don't Forget- Take at least ONE fruit or vegetable, And at least Three items in total to be a complete meal!

Choose **ONE** Entree:  
Daily Entree Special  
Alternate Entree

Choose up to **TWO** Sides of Fruit:  
Fresh Fruit  
Fruit Cup  
Fruit Juice (only 1 serving)

Choose up to **TWO** Veggies:  
Daily Vegetable  
Assorted Fresh Veggies

