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



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



**Meal Prices**  
Adult Breakfast Meal - \$2.95 Adult Lunch Meal - \$5.00

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

Daily Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Alternate Entrees of the week</b> <b>Monday</b> - Mickey's Cheese Pizza, Bean & Cheese Burrito, Italian Hoagie, Chef Salad <b>Tuesday</b> - Pepperoni Pizza, Hamburger, Ham & Cheese Sandwich, Crispy Chicken Salad <b>Wednesday</b> - Buffalo Chicken Pizza, Chicken Patty Sandwich, Turkey & Cheese Wrap, Cobb Salad <b>Thursday</b> - Meat Lover's Pizza, Egg, Turkey Bacon & Cheese on Croissant, Taco Salad <b>Friday</b> - 4 Cheese Pizza, Grilled Chicken Sandwich, Tuna Salad Sandwich, Grilled Chicken Salad <b>** Alternate Entree option will be served with fruit and vegetable of the day.***</b>	<b>28-Aug * First Day of School</b> A. Artisan Chicken Patty Sandwich (Reg. or Spicy)  Green Beans Cherry Tomatoes Peaches 100% Frozen Froot Juice Treat	<b>29-Aug</b> A. 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> Burger Bar: Hamburger w/ or w/o Cheese or Veggie Patty 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 w/Toppings on Bun  Cole Slaw Waffle Fries Peaches Fresh Fruit	<b>8-Sep</b> Stromboli w/Sauce  Carrot Coins Fresh Veggie Sticks Pineapples Fresh Fruit
	<b>11-Sep</b> Asian Bowl: Chicken or Beef w/Ramen  Oriental Blend Vegetables Fresh Veggie Sticks Mandarin Oranges/Fresh Fruit Fortune Cookie	<b>12-Sep</b> Lasagna w/ Garlic Knot  Steamed Broccoli Salad Greens w/Dressing Fruit Cocktail Fresh Fruit	<b>13-Sep</b> Nachos Grande w/ Turkey Taco & Queso over Tortilla Chips Lettuce & Tomato/Salsa Cup Ranchero Pinto Beans Plantains/ Fresh Fruit WG Churro	<b>14-Sep</b> Chicken Tender Wrap : Reg. or Spicy w/ Lettuce & Tomato  Sugar Snap Peas Carrot Sticks Peaches Fresh Fruit	<b>15-Sep</b> Seafood Basket: Shrimp Poppers & Fish Sticks w/Biscuit  Steamy Corn Salad Greens w/Dressing Apple Snack Pack Fresh Fruit
	<b>18-Sep</b> Arroz Con Pollo  Salad Greens w/Dressing Fiesta Black Beans Peaches Fresh Fruit	<b>19-Sep</b> Pork Carnitas or BBQ Pulled Turkey on Flatbread  Sweet Potato Fries Cole Slaw 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> "Philly" Cheesesteak  California Blend Vegetables Fresh Veggie Sticks Pineapples Fresh Fruit	<b>26-Sep</b> Brunch for Lunch: Egg, Cheese & Choice of Turkey Bacon or Sausage on Croissant  Hash Brown Rounds Cucumber Slices Raisins/Fresh Fruit	<b>27-Sep</b> Hot Ham & Cheese on Pretzel Roll w/ Baked Snack Bag  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> Southern Crispy Chicken Drumstick & Wings w/Biscuit  Baked Beans Corn Apple Snack Pack Fresh Fruit

**Offered Daily:**  
**PB&J Meals, Fruit Meals, Salads, and Sandwiches**  
Fruit & Vegetable Options\*  
Carrots Apples  
Cucumbers Bananas  
Broccoli Grapes  
Cauliflower Pear  
Celery Strawberries  
**\*\* Fruit & Vegetable Provided Depend On Availability**

**Milk**  
1% and Skim White  
Skim Chocolate  
  
(Soy Milk is available for students w/dairy allergies)



**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









