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

# Reading School District High School Lunch Menu October 2024



**Meal Prices**  
Adult Breakfast Meal - \$3.00 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>30-Sep</b> <b>Sloppy Joe's</b>  Cole Slaw Seasoned Potato Wedges Peaches Fresh Fruit Baked Chips	<b>1-Oct</b> <b>Carne Asada or Al Pastor Burritos w/ Salsa &amp; Guacamole</b>  Refried Beans Carrots Plantains/ Fresh Fruit WG Churro	<b>2-Oct</b> <b>Chicken Parmesan Wrap</b>  Roasted Broccoli Salad Greens w/Dressing Pineapples Fresh Fruit	<b>3-Oct</b> <b>Popcorn Chicken Bowl w/Gravy &amp; Cornbread Muffin</b>  Mashed Potatoes Corn Warm Cinnamon Apples Fresh Fruit	<b>4-Oct</b> <b>Dumplings over Fried Rice w/ Egg Rolls</b>  Sugar Snap Peas Mandarin Oranges Fresh Fruit
	<b>7-Oct</b> <b>Burger Bar: Hamburger w/ or w/o Cheese or Veggie Patty on Bun w/ Toppings</b> Crinkle Cut Fries WG Onion Ring Baked Beans Peaches/Fresh Fruit/WG Cookie	<b>8-Oct</b> <b>Steak Sandwich w/ or w/o Cheese Sauce</b>  Sweet Potato Waffle Fries Green Beans Pineapples Fresh Fruit	<b>9-Oct</b> <b>Stromboli w/ Marinara Sauce</b>  Carrots Salad Greens w/Dressing Tropical Fruit Fresh Fruit	<b>10-Oct</b> <b>Chicken Drumstick &amp; Wings w/ Mac &amp; Cheese</b>  Steamed Broccoli Fresh Veggie Sticks Mixed Fruit Fresh Fruit	<b>11-Oct</b> <b>Brunch for Lunch: Egg, Bacon or Sausage Sandwich on Croissant</b>  Hash Brown Stars Carrot & Celery Sticks Craisins/ Fresh Fruit Fresh Baked Cinnamon Roll
	<b>14-Oct</b> <b>No School</b>	<b>15-Oct</b> <b>Brunch for Lunch: French Toast Sticks w/ Sausage Links</b>  Hash Brown Stars Carrot & Celery Sticks Craisins/ Fresh Fruit WG Donut	<b>16-Oct</b> <b>Rotini Pasta w/ Garlic Basil Meatballs &amp; Texas Toast</b>  Roasted Broccoli Salad Greens w/Dressing Pineapples Fresh Fruit	<b>17-Oct</b> <b>Nachos Grande w/ Beef Taco &amp; Queso over Tortilla Chips</b>  Lettuce & Tomato/Salsa Cup/Sour Cream Ranchero Pinto Beans Plantains/ WG Churro	<b>18-Oct</b> <b>Artisan Chicken Patty Sandwich ( Regular or Spicy) w/Lettuce, Tomato, &amp; Pickles</b>  Honey Glazed Carrots Ranch Potato Wedges Peaches/Fresh Fruit
	<b>21-Oct</b> <b>BBQ Rib Sandwich</b>  Fiesta Beans Corn Applesauce Fresh Fruit	<b>22-Oct</b> <b>Chicken Bacon Ranch Wrap</b>  Carrots Cole Slaw Mixed Fruit Fresh Fruit	<b>23-Oct</b> <b>Cheeseburger Mac &amp; Cheese w/Garlic Knot</b>  Broccoli Fresh Veggie Sticks Diced Pears Fresh Fruit	<b>24-Oct</b> <b>Chicken &amp; Cheese Quesadilla w/ Salsa Cup</b>  Green Beans Waffle Fries Peaches Fresh Fruit	<b>25-Oct</b> <b>Beef Birria Tacos or Beyond Beef Tacos w/ Avocado</b>  Salad Greens w/Dressing Salsa Tropical Fruit Fresh Fruit
	<b>28-Oct</b> <b>Buffalo Cheese Calzones</b>  California Blend Vegetables Salad Greens Peaches Fresh Fruit	<b>29-Oct</b> <b>Chicken Tender Wrap : Reg. or Spicy w/ Lettuce &amp; Tomato</b>  Tater Tots Carrot Sticks Pears Fresh Fruit	<b>30-Oct</b> <b>Asian Bowl: Chicken or Beef w/Ramen Noodles</b>  Sugar Snap Peas Fresh Veggie Sticks Mandarin Oranges/Fresh Fruit Fortune Cookie	<b>31-Oct</b> <b>Early Dismissal Day! Brunch: Breakfast Sandwiches, Cereal, Yogurt Parfaits, and Cold Sandwiches</b> Carrot Sticks Apples/Fresh Fruit Pumpkin Cookie	

**Offered Daily:**  
PB&J Meals, Yogurt 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)

**HEALTHY EATING**

**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!

<b>Choose ONE Entree:</b> Daily Entree Special Alternate Entree	<b>Choose up to TWO Sides of Fruit:</b> Fresh Fruit Fruit Cup Fruit Juice (only 1 serving)	<b>Choose up to TWO Veggies:</b> Daily Vegetable Assorted Fresh Veggies
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