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

Sign Up for SchoolCafe.com to Look up nutritionals & make payments. Set up an account to receive low balance alerts.



Reading School District High School Lunch Menu September 2024



Meal Prices
Adult Breakfast Meal - \$3.00 Adult Lunch Meal - \$5.00

Daily Alternates	Monday 2-Sep	Tuesday 3-Sep	Wednesday 4-Sep	Thursday 5-Sep	Friday 6-Sep
Alternate Entrees of the week Monday - Mickey's Cheese Pizza, Bean & Cheese Burrito, Italian Hoagie, Chef Salad Tuesday - Pepperoni Pizza, Hamburger, Ham & Cheese Sandwich, Crispy Chicken Salad Wednesday - Buffalo Chicken Pizza, Chicken Patty Sandwich, Turkey & Cheese Wrap, Cobb Salad Thursday - Meat Lover's Pizza, Egg, Turkey Bacon & Cheese on Croissant, Taco Salad Friday - 4 Cheese Pizza, Grilled Chicken Sandwich, Tuna Salad Sandwich, Grilled Chicken Salad ** Alternate Entree option will be served with fruit and vegetable of the day.**	 HAPPY Labor Day	Brunch for Lunch: French Toast Sticks w/ Sausage Links Hash Brown Stars Carrot & Celery Sticks Craisins/ Fresh Fruit WG Donut	Rotini Pasta w/ Garlic Basil Meatballs & Texas Toast Roasted Broccoli Salad Greens w/Dressing Pineapples Fresh Fruit	Nachos Grande w/ Beef Taco & Queso over Tortilla Chips Lettuce & Tomato/Salsa Cup/Sour Cream Ranchero Pinto Beans Plantains/ WG Churro	Artisan Chicken Patty Sandwich (Regular or Spicy) w/Lettuce, Tomato, & Pickles Honey Glazed Carrots Ranch Potato Wedges Peaches Fresh Fruit
	9-Sep BBQ Rib Sandwich Fiesta Beans Corn Applesauce Fresh Fruit	10-Sep Chicken Bacon Ranch Wrap Carrots Cole Slaw Mixed Fruit Fresh Fruit	11-Sep Cheeseburger Mac & Cheese w/Garlic Knot Broccoli Fresh Veggie Sticks Diced Pears Fresh Fruit	12-Sep Chicken & Cheese Quesadilla w/ Salsa Cup Green Beans Waffle Fries Peaches Fresh Fruit	13-Sep Beef Birria Tacos or Beyond Beef Tacos w/ Avocado Salad Greens w/Dressing Salsa Tropical Fruit Fresh Fruit
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	16-Sep Buffalo Cheese Calzones California Blend Vegetables Salad Greens Peaches Fresh Fruit	17-Sep Chicken Tender Wrap : Reg. or Spicy w/ Lettuce & Tomato Tater Tots Carrot Sticks Pears Fresh Fruit	18-Sep Asian Bowl: Chicken or Beef w/Ramen Noodles Sugar Snap Peas Fresh Veggie Sticks Mandarin Oranges/Fresh Fruit Fortune Cookie	19-Sep BBQ Pulled Pork or Turkey over Tortilla Chips Sweet Potato Fries Broccoli Florets w/Dip Peaches Fresh Fruit	20-Sep Enchiladas w/Rice Salad Greens w/Dressing Refried Beans Fruit Cocktail Fresh Fruit
	23-Sep No School	24-Sep Homemade Traditional Grilled Cheese Sandwich or Pizza Grilled Cheese Sandwich Tomato Soup w/ Goldfish Crackers Side Salad Applesauce	25-Sep Grilled Bacon Chicken Ranch Sandwich Roasted Broccoli Cole Slaw Warm Cinnamon Apples Fresh Fruit	26-Sep Bean & Cheese Pupusa Rice Corn Mandarin Oranges Fresh Fruit	27-Sep Meatball Sub Green Beans Seasoned Waffle Fries Pineapples Fresh Fruit Baked Chips
 HEALTHY EATING	30-Sep Sloppy Joe's Cole Slaw Seasoned Potato Wedges Peaches Fresh Fruit Baked Chips				

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
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