Food Services Director: Jennifer Wilinsky wilinskyj@readingsd.org 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 Middle School **Breakfast Menu** January 2024



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

Breakfast meal must select 3 food items and one of the foods Must be a fruit or

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



Carrots Cucumbers Broccoli Peaches Cauliflower Pears Celery Pineapple

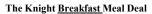
Sugar Snap Peas Strawberries Grapes ** Fruit & Vegetable Provided Depend On Availability



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



	Monday	Tuesday	Wednesday	Thursday	Friday
	1-Jan	2-Jan	3-Jan	4-Jan	5-Jan
		No School	Assorted Cereal & Muffin	Mini Pancake Bites	Cinnamon Toast Crunch Filled Bar
ns r	No School Happy New Year!		Peach Cup Fresh Fruit 100% Fruit Juice Assorted Milk	Applesauce Cup Fresh Fruit 100% Fruit Juice Assorted Milk	Mixed Fruit Cup Fresh Fruit 100% Fruit Juice Assorted Milk
	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
	WG Chocolate or Powdered Donut Craisins Fresh Fruit 100% Fruit Juice Assorted Milk	Apple Cinnamon French Toast Apples Fresh Fruit 100% Fruit Juice Assorted Milk	Banana Bread Slice Peach Cup Fresh Fruit 100% Fruit Juice Assorted Milk	Mini Waffles Applesauce Cup Fresh Fruit 100% Fruit Juice Assorted Milk	Assorted Cereal & Muffin Mixed Fruit Cup Fresh Fruit 100% Fruit Juice Assorted Milk
	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
	No School	Mini Cinnis	Assorted Cereal & Muffin	Mini Pancake Bites	Cinnamon Toast Crunch Filled Bar
		Apples Fresh Fruit 100% Fruit Juice Assorted Milk	Peach Cup Fresh Fruit 100% Fruit Juice Assorted Milk	Applesauce Cup Fresh Fruit 100% Fruit Juice Assorted Milk	Mixed Fruit Cup Fresh Fruit 100% Fruit Juice Assorted Milk
	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
	WG Chocolate or Powdered Donut	Apple Cinnamon French Toast	Banana Bread Slice	Mini Waffles	Assorted Cereal & Muffin
	Craisins Fresh Fruit 100% Fruit Juice Assorted Milk	Apples Fresh Fruit 100% Fruit Juice Assorted Milk	Peach Cup Fresh Fruit 100% Fruit Juice Assorted Milk	Applesauce Cup Fresh Fruit 100% Fruit Juice Assorted Milk	Mixed Fruit Cup Fresh Fruit 100% Fruit Juice Assorted Milk
	29-Jan	30-Jan	31-Jan		
	Muffin & Yogurt Cup	Mini Cinnis	Assorted Cereal & Muffin		
	Craisins Fresh Fruit 100% Fruit Juice Assorted Milk	Apples Fresh Fruit 100% Fruit Juice Assorted Milk	Peach Cup Fresh Fruit 100% Fruit Juice Assorted Milk		



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

Choose up to TWO Sides of Fruit: Choose ONE Entree:

Fruit Cup Fruit Juice (only 1 serving)

Menu is subject to Change The institution is an equal opportunity provider.



Daily Entree Special

