

Food Services Director: Jennifer Wilinsky  
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Please check the District Website, Food Services Tab to learn more.

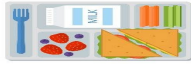
Sign Up for Schoolcafe.com to Look up nutritionals & make payments. Set up an account to receive low balance alerts.



## Reading School District Middle School Breakfast Menu December 2023



**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 juice.

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



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>1-Dec</b>
				Assorted Cereal & Muffin  Mixed Fruit Cup Fresh Fruit 100% Fruit Juice Assorted Milk
<b>4-Dec</b>	<b>5-Dec</b>	<b>6-Dec</b>	<b>7-Dec</b>	<b>8-Dec</b>
Muffin & Yogurt Cup  Craisins Fresh Fruit 100% Fruit Juice Assorted Milk	Mini Cinnis  Apples Fresh Fruit 100% Fruit Juice Assorted Milk	Assorted Cereal & Muffin  Peach Cup Fresh Fruit 100% Fruit Juice Assorted Milk	Mini Pancake Bites  Applesauce Cup Fresh Fruit 100% Fruit Juice Assorted Milk	Cinnamon or Cocoa Puff Filled Bar  Mixed Fruit Cup Fresh Fruit 100% Fruit Juice Assorted Milk
<b>11-Dec</b>	<b>12-Dec</b>	<b>13-Dec</b>	<b>14-Dec</b>	<b>15-Dec</b>
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
<b>18-Dec</b>	<b>19-Dec</b>	<b>20-Dec</b>	<b>21-Dec</b>	<b>22-Dec</b>
Muffin & Yogurt Cup  Craisins Fresh Fruit 100% Fruit Juice Assorted Milk	Mini Cinnis  Apples Fresh Fruit 100% Fruit Juice Assorted Milk	Assorted Cereal & Muffin  Peach Cup Fresh Fruit 100% Fruit Juice Assorted Milk	Mini Pancake Bites  Applesauce Cup Fresh Fruit 100% Fruit Juice Assorted Milk	Cinnamon or Cocoa Puff Filled Bar  Mixed Fruit Cup Fresh Fruit 100% Fruit Juice Assorted Milk
<b>25-Dec</b>	<b>26-Dec</b>	<b>27-Dec</b>	<b>28-Dec</b>	<b>29-Dec</b>
No School	No School	No School	No School	No School



### The Knight Breakfast Meal Deal

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

Choose **ONE** Entree:  
Daily Entree Special

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

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

