

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 Lunch Menu February 2024



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

	Monday	Tuesday	Wednesday	Thursday	Friday
				1-Feb	2-Feb
 <p>Alternate Entree of the week 1/29-2/2 - Italian Hoagie 2/5-2/9- Ham Sandwich 2/12-2/16- Turkey and Cheese Wrap 2/19-2/23- Crispy Chicken Salad w/Roll 2/26-3/1- Italian Hoagie * Daily option of PB & J or Yogurt Meal</p> <p>** Alternate Entree option will be served with fruit and vegetable of the day.****</p> <p>Daily Juice Variety: Only 1 Juice Allowed w/Meal Apple Juice Grape Juice</p>				Hamburger on Bun Smile Fries Baked Beans Pears/Fresh Fruit	Pizza California Blend Vegetables Celery Sticks Pineapple Chunks Fresh Fruit
	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb
	Meatball Sandwich Steamed Broccoli Fresh Veggies Applesauce Fresh Fruit	Chicken Tenders w/ Goldfish Crackers Baked Beans Salad Greens w/Dressing Mandarin Oranges Fresh Fruit	Beef Hot Dog on Bun Waffle Fries Fresh Veggies Peaches Fresh Fruit	Mac & Cheese w/Roll Steamed Peas Fresh Veggie Sticks Pears Fresh Fruit	Calzone w/Sauce Carrot Coins Fresh Veggie Sticks Pineapples Fresh Fruit
	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb
 <p>Fruit & Vegetable Options* Carrots Apples Cucumbers Bananas Broccoli Peaches Cauliflower Pears Celery Pineapple Sugar Snap Peas Strawberries Grapes</p> <p>** Fruit & Vegetable Provided Depend On Availability</p>	Chicken & Waffles Sugar Snap Peas Carrot Sticks Peaches Fresh Fruit	Mardi Gras! Nachos Grande w/ Turkey Taco & Queso w/ Chips Lettuce & Tomato/ Salsa Cup Ranchero Pinto Beans Pineapples/Fresh Fruit King Cake: Cinnamon Roll	Maxi Cheese Sticks w/ Sauce Steamed Broccoli Salad Greens w/Dressing Fruit Cocktail Fresh Fruit	Sweet-n-Sour Chicken Over Stir Fried Rice Oriental Blend Vegetables Fresh Veggie Sticks Mandarin Oranges/Fresh Fruit Fortune Cookie	No School
	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb
	Mega Mini Chicken Nuggets w/ Roll Baked Sweet Potato Tots Green Beans Peaches Fresh Fruit	Chicken or Beef Tamales Cilantro Lime Brown Rice Roasted Black Beans & Corn Tropical Fruit Mix Fresh Fruit	Cheese Quesadilla Salsa Refried Beans Pears Fresh Fruit	Rotinit Pasta w/ Meatsauce & Breadstick Roasted Cauliflower Salad Greens w/ Dressing Fruit Cocktail Fresh Fruit	Grilled Cheese Sandwich Cherry Tomatoes w/ Ranch Dip Fresh Veggie Sticks Applesauce/Fresh Fruit Goldfish Crackers
	26-Feb	27-Feb	28-Feb	29-Feb	
 <p>HEALTHY EATING</p>	Chicken Patty Sandwich Green Beans Cherry Tomatoes Peaches Fresh Fruit	Brunch for Lunch: French Toast Sticks w/ Turkey Sausage Hash Brown Rounds Carrot & Celery Sticks Craisins/Fresh Fruit	Chicken Alfredo Pasta w/ Texas Toast Steamed Broccoli Salad Greens w/Dressing Fruit Cocktail Fresh Fruit	Leap Year & Leap Day! Frog Legs (Chicken Fries) on a Lilly Pad (Dutch Waffle) Moss (Salad Greens) Pond (Hummus)/w/Reeds(Celery Sticks) Raisins/Fresh Fruit	
	<p>The Knight LUNCH Meal Deal</p> <p>* Don't Forget- Take at least ONE fruit or vegetable, And at least Three items in total to be a complete meal!</p> <p>Choose ONE Entree: Daily Entree Special Alternate Entree</p> <p>Choose up to TWO Sides of Fruit: Fresh Fruit Fruit Cup Fruit Juice (only 1 serving)</p> <p>Choose up to TWO Veggies: Daily Vegetable Assorted Fresh Veggies</p>				