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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 Lunch Menu October 2023



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

Weekly Alternate	Monday	Tuesday	Wednesday	Thursday	Friday
	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Alternate Entree of the week 10/2-10/6 - Chef Salad w/Roll 10/9-10/13- Italian Hoagie 10/16-10/20- Taco Salad w/Tortilla Chips 10/23-10/27- Turkey & Cheese Wrap 10/30-11/2- Crispy Chicken Salad w/Roll Daily option of PB&J Meal or Yogurt Meal. ** Alternate Entree option will be served with fruit and vegetable of the day.**	Sloppy Joe Beef Totchos w/Roll Salad Green w/Dressing Peaches Fresh Fruit WG Cookie	Try It Tuesday!!! Chicken or Beef Tamales Cilantro Lime Brown Rice Roasted Black Beans & Corn Mangos Fresh Fruit	Hoagie Day: Ham & Cheese or Turkey & Cheese Lettuce, Tomato, Pickles Carrot & Celery Sticks Pears Fresh Fruit Baked Snack Bag	Popcorn Chicken Bowl w/Biscuit Mashed Potatoes Corn Warm Cinnamon Apples Fresh Fruit	Cheese Quesadilla Salsa Refried Beans Strawberry Cup Fresh Fruit
	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
No School		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	Hamburger on Bun Smile Fries Baked Beans Pears Fresh Fruit	Pizza California Blend Vegetables Hummus w/Celery Pineapples Fresh Fruit
Daily Juice Variety: Only 1 Juice Allowed w/Meal Apple Juice, Grape Juice, Fruit Punch	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
 Fruit & Vegetable Options* Carrots Apples Cucumbers Bananas Broccoli Peaches Cauliflower Pears Celery Pineapple Sugar Snap Peas Strawberries Grapes ** Fruit & Vegetable Provided Depend On Availability	Meatball Sandwich Steamed Broccoli Fresh Veggies Applesauce Fresh Fruit	Chicken Tinga over Tortilla Chips Refried Beans Salad Greens w/Dressing Plantains Fresh Fruit	Cheeseburger Mac & Cheese w/Roll Steamed Peas Fresh Veggie Sticks Diced Peas Fresh Fruit	Beef Hot Dog on Bun Cole Slaw Waffle Fries Peaches Fresh Fruit	Calzone w/Sauce Carrot Coins Fresh Veggie Sticks Pineapples Fresh Fruit
	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
 Milk 1% and Skim White Skim Chocolate (Soy Milk is available for students w/dairy allergies)	Sweet-n-Sour Chicken Over Rice Oriental Blend Vegetables Fresh Veggie Sticks Mandarin Oranges/Fresh Fruit Fortune Cookie	Lasagna w/ Garlic Knot Steamed Broccoli Salad Greens w/Dressing Fruit Cocktail Fresh Fruit	Nachos Grande w/Turkey Taco& Queso over Tortilla Chips Lettuce & Tomato/Salsa Cup Ranchero Pinto Beans Pineapples/ Fresh Fruit WG Churro	Chicken & Waffles Sugar Snap Peas Carrot Sticks Peaches Fresh Fruit	Pancakes w/Sausage Patty Hash Browns Celery Sticks Apple Snack Pack Fresh Fruit
	30-Oct	31-Oct			
	Mega Mini Chicken Nuggets w/Roll Baked Sweet Potato Tots Green Beans Peaches Fresh Fruit	Early Dismissal Turkey & Cheese Sandwich Carrot Sticks Apple Snack Pack Graham Cracker Snack			

The Red 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

