

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 August/September 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/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
28-Aug * First Day of School	29-Aug	30-Aug	31-Aug	1-Sep
No Breakfast	Mini Cinnis Apple Snack Pack 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	No School
4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
No School	Apple Cinnamon French Toast Apple Snack Pack 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
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
Muffin & Yogurt Cup Craisins Fresh Fruit 100% Fruit Juice Assorted Milk	Mini Cinnis Apple Snack Pack 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
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
WG Chocolate or Powdered Donut Craisins Fresh Fruit 100% Fruit Juice Assorted Milk	Apple Cinnamon French Toast Apple Snack Pack 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
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Muffin & Yogurt Cup Craisins Fresh Fruit 100% Fruit Juice Assorted Milk	Mini Cinnis Apple Snack Pack 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

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.



