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Please check the District Website, Food Services Tab to learn more.



# Reading School District Middle School Lunch Menu August/September 2023



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

Sign up for [Schoolcafe.com](http://Schoolcafe.com) to Look up nutritionals & make payments. Set up an account to receive low balance alerts.

Weekly Alternate	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Alternate Entree of the week</b> 8/28-9/1 - Italian Hoagie 9/4-9/8- Taco Salad w/Tortilla Chips 9/11-9/15- Turkey & Cheese Wrap 9/18-9/22- Crispy Chicken Salad w/Roll 9/25-9/29- Ham (Turkey) & Cheese Sandwich <b>Daily option of PB&amp;J meal or Yogurt Meal.</b>  ** Alternate Entree option will be served with fruit and vegetable of the day.****	<b>28-Aug * First Day of School</b> Chicken Patty Sandwich  Green Beans Cherry Tomatoes Peaches 100% Frozen Froot Juice Treat	<b>29-Aug</b> <b>Brunch for Lunch: French Toast Sticks w/Turkey Sausage</b>  Hash Brown Rounds Carrot & Celery Sticks Craisins/ Fresh Fruit	<b>30-Aug</b> <b>Chicken Alfredo Pasta w/ Texas Toast</b>  Steamed Broccoli Salad Greens w/Dressing Fruit Cocktail Fresh Fruit	<b>31-Aug</b> <b>Hamburger on Bun</b>  Smile Fries Baked Beans Pears Fresh Fruit	<b>1-Sep</b>  <b>No School</b>
	<b>4-Sep</b>  <b>No School</b>	<b>5-Sep</b> <b>Try It Tuesday!!!</b> <b>Chicken Tinga over Tortilla Chips</b> Refried Beans Salad Greens w/Dressing Plantains Fresh Fruit	<b>6-Sep</b> <b>Cheeseburger Mac &amp; Cheese w/Roll</b>  Steamed Peas Fresh Veggie Sticks Diced Peas Fresh Fruit	<b>7-Sep</b> <b>Beef Hot Dog on Bun</b>  Cole Slaw Waffle Fries Peaches Fresh Fruit	<b>8-Sep</b> <b>Calzone w/Sauce</b>  Carrot Coins Fresh Veggie Sticks Pineapples Fresh Fruit
 <b>Daily Juice &amp; Vegetable Options Allowed</b> Carrots w/Meal Cucumbers Broccoli Cauliflower Celery Sugar Snap Peas  Apples Bananas Peaches Pears Pineapple Strawberries Grapes ** Fruit & Vegetable Provided Depend On Availability	<b>11-Sep</b> <b>Sweet-n-Sour Chicken Over Rice</b>  Oriental Blend Vegetables Fresh Veggie Sticks Mandarin Oranges/Fresh Fruit Fortune Cookie	<b>12-Sep</b> <b>Lasagna w/ Garlic Knot</b>  Steamed Broccoli Salad Greens w/Dressing Fruit Cocktail Fresh Fruit	<b>13-Sep</b> <b>Nachos Grande w/ Turkey Taco &amp; Queso over Tortilla Chips</b> Lettuce & Tomato/Salsa Cup Ranchero Pinto Beans Plantains/ Fresh Fruit WG Churro	<b>14-Sep</b> <b>Chicken &amp; Waffles</b>  Sugar Snap Peas Carrot Sticks Peaches Fresh Fruit	<b>15-Sep</b> <b>WG Breaded Fish Nuggetes w/Roll</b>  Steamy Corn Salad Greens w/Dressing Apple Snack Pack Fresh Fruit
	<b>18-Sep</b> <b>Mega Mini Chicken Nuggets w/Roll</b>  Baked Sweet Potato Tots Green Beans Peaches Fresh Fruit	<b>19-Sep</b> <b>Cheese Pizza</b>  Fresh Broccoli Florets Hummus w/Veggie Sticks Pineapple Chunks Fresh Fruit	<b>20-Sep</b> <b>Salisbury Steak w/Gravy &amp; Roll</b>  Mashed Potatoes Corn Warm Cinnamon Apples Fresh Fruit	<b>21-Sep</b> <b>Rotini Pasta w/Meatsauce &amp; Breadstick</b>  Roasted Cauliflower Salad Greens w/Dressing Fruit Cocktail Fresh Fruit	<b>22-Sep</b> <b>Grilled Cheese Sandwich</b>  Tomato Soup w/ Goldfish Crackers Fresh Veggie Sticks Applesauce Fresh Fruit
 <b>Milk</b> 1% and Skim White Skim Chocolate  (Soy Milk is available for students w/dairy allergies)	<b>25-Sep</b> <b>Maxi Cheese Sticks w/Sauce</b>  California Blend Vegetables Fresh Veggie Sticks Pineapples Fresh Fruit	<b>26-Sep</b> <b>Brunch for Lunch: Dutch Waffle w/ Turkey Sausage</b>  Hash Brown Rounds Cucumber Slices Raisins Fresh Fruit	<b>27-Sep</b> <b>Hot Ham &amp; Cheese on Pretzel Roll</b>  Sweet Potato Waffle Fries Cole Slaw Peas Fresh Fruit	<b>28-Sep</b> <b>Turkey &amp; Pierogies w/Gravy</b>  Carrot Coins Salad Greens w/Dressing Peaches Fresh Fruit	<b>29-Sep</b> <b>Southern Crispy Chicken Drumstick w/Biscuit</b>  Baked Beans Corn Apple Snack Pack Fresh Fruit



**The 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 <b>ONE</b> Entree: Daily Entree Special Alternate Entree	Choose up to <b>TWO</b> Sides of Fruit: Fresh Fruit Fruit Cup Fruit Juice (only 1 serving)	Choose up to <b>TWO</b> Veggies: Daily Vegetable Assorted Fresh Veggies
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