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



Reading School District Elementary School Lunch Menu August/September 2023



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

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



Alternate Entree of the week
8/28-9/1 - Wow Butter Sandwich
9/4-9/8- Yogurt Meal Pack
9/11-9/15- Crispy Chicken Salad w/Roll
9/18-9/22- Turkey & Cheese Sandwich
9/25-9/29- Chef Salad w/Roll

** Alternate Entree option will be served with fruit and vegetable of the day.****

Daily Juice Variety: Only 1 Juice Allowed w/Meal
Apple Juice
Grape Juice
Fruit Punch



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 Chicken Patty Sandwich Green Beans Cherry Tomatoes Peaches 100% Frozen Froot Juice Treat	29-Aug Brunch for Lunch: French Toast Sticks w/Turkey Sausage Hash Brown Rounds Carrot & Celery Sticks Craisins/ Fresh Fruit	30-Aug Chicken Alfredo Pasta w/ Texas Toast Steamed Broccoli Salad Greens w/Dressing Fruit Cocktail Fresh Fruit	31-Aug Hamburger on Bun Smile Fries Baked Beans Pears Fresh Fruit	1-Sep No School
4-Sep No School	5-Sep Try It Tuesday!!! Chicken Tinga over Tortilla Chips Refried Beans Salad Greens w/Dressing Plantains Fresh Fruit	6-Sep Cheeseburger Mac & Cheese w/Roll Steamed Peas Fresh Veggie Sticks Diced Peas Fresh Fruit	7-Sep Beef Hot Dog on Bun Cole Slaw Waffle Fries Peaches Fresh Fruit	8-Sep Calzonette's w/Sauce Carrot Coins Fresh Veggie Sticks Pineapples Fresh Fruit
11-Sep Sweet-n-Sour Chicken Over Rice Oriental Blend Vegetables Fresh Veggie Sticks Mandarin Oranges/Fresh Fruit Fortune Cookie	12-Sep Cheese Ravioli w/ Breadstick Steamed Broccoli Salad Greens w/Dressing Fruit Cocktail Fresh Fruit	13-Sep Walking Turkey Taco Lettuce & Tomato Salsa Cup Ranchero Pinto Beans Plantains/ Fresh Fruit WG Churro	14-Sep Chicken & Waffles Sugar Snap Peas Carrot Sticks Peaches Fresh Fruit	15-Sep Sea Wonder Shapes w/Roll Steamy Corn Salad Greens w/Dressing Apple Snack Pack Fresh Fruit
18-Sep Mega Mini Chicken Nuggets w/Roll Baked Sweet Potato Tots Green Beans Peaches Fresh Fruit	19-Sep Cheese Pizza Fresh Broccoli Florets Hummus w/Veggie Sticks Pineapple Chunks Fresh Fruit	20-Sep Salisbury Steak w/Gravy & Roll Mashed Potatoes Corn Warm Cinnamon Apples Fresh Fruit	21-Sep Rotini Pasta w/Meatsauce & Breadstick Roasted Cauliflower Salad Greens w/Dressing Fruit Cocktail Fresh Fruit	22-Sep Grilled Cheese Sandwich Tomato Soup w/ Goldfish Crackers Fresh Veggie Sticks Applesauce Fresh Fruit
25-Sep Maxi Cheese Sticks w/Sauce California Blend Vegetables Fresh Veggie Sticks Pineapples Fresh Fruit	26-Sep Brunch for Lunch: Dutch Waffle w/ Turkey Sausage Hash Brown Rounds Cucumber Slices Raisins Fresh Fruit	27-Sep Hot Ham & Cheese on Pretzel Roll Sweet Potato Waffle Fries Cole Slaw Pears Fresh Fruit	28-Sep Turkey & Pierogies w/Gravy Carrot Coins Salad Greens w/Dressing Peaches Fresh Fruit	29-Sep Mini Corn Dog Nuggets Fiesta 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 **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



