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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 High School Lunch Menu October 2023



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

Daily Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Alternate Entrees of the week Monday - Mickey's Cheese Pizza, Bean & Cheese Burrito, Italian Hoagie, Chef Salad Tuesday- Pepperoni Pizza, Hamburger, Ham & Cheese Sandwich, Crispy Chicken Salad Wednesday- Buffalo Chicken Pizza, Chicken Patty Sandwich, Turkey & Cheese Wrap, Cobb Salad Thursday- Meat Lover's Pizza, Egg, Turkey Bacon & Cheese on Croissant, Taco Salad Friday- 4 Cheese Pizza, Grilled Chicken Sandwich, Tuna Salad Sandwich, Grilled Chicken Salad</p> <p>** Alternate Entree option will be served with fruit and vegetable of the day.**</p>	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
	Hot Honey Beef Totchos w/Roll	Try It Tuesday!!! Chicken or Beef Tamales	Meatball Sub or Dragon's Breath Sub (Jalapeno Chicken Meatballs)	Popcorn Chicken Bowl w/Biscuit	Enchiladas
	Salad Green w/Dressing Peaches Fresh Fruit WG Cookie	Cilantro Lime Brown Rice Roasted Black Beans & Corn Mangos Fresh Fruit	Sidewinder Fries Carrot & Celery Sticks Pears Fresh Fruit	Mashed Potatoes Corn Warm Cinnamon Apples Fresh Fruit	Salsa & Guacamole Refried Beans Plantains Fresh Fruit
	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
	No School	Brunch for Lunch: French Toast Sticks w/Turkey Sausage	Chicken Alfredo Pasta w/ Texas Toast	Burger Bar: Hamburger w/ or w/o Cheese or Veggie Patty on Bun	Burrito Bowl w/Chicken & Rice
		Hash Brown Rounds Carrot & Celery Sticks Craisins/ Fresh Fruit	Steamed Broccoli Salad Greens w/Dressing Fruit Cocktail Fresh Fruit	Smile Fries Baked Beans Pears/Fresh Fruit	Avocado & Tomatoes Black Beans Pineapples Fresh Fruit
	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
	Three Bean Chili Bowl w/ Cornbread over Rice	Chicken Tinga over Tortilla Chips	Cheeseburger Mac & Cheese w/Roll	Beef Hot Dog w/Topings on Bun	Stromboli w/Sauce
	Steamed Broccoli Fresh Veggies Applesauce Fresh Fruit	Refried Beans Salad Greens w/Dressing Plantains Fresh Fruit	Steamed Peas Fresh Veggie Sticks Diced Pears Fresh Fruit	Cole Slaw Waffle Fries Peaches Fresh Fruit	Carrot Coins Fresh Veggie Sticks Pineapples Fresh Fruit
	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Asian Bowl: Chicken or Beef w/Ramen	Lasagna w/ Garlic Knot	Nachos Grande w/Turkey Taco & Queso over Tortilla Chips	Chicken Tender Wrap: Reg. or Spicy w/Lettuce & Tomato	BBQ Rib Sandwich	
Oriental Blend Vegetables Fresh Veggie Sticks Mandarin Oranges/Fresh Fruit Fortune Cookie	Steamed Broccoli Salad Greens w/Dressing Fruit Cocktail Fresh Fruit	Lettuce & Tomato/Salsa Cup Ranchero Pinto Beans Pineapples/ Fresh Fruit WG Churro	Sugar Snap Peas Carrot Sticks Peaches/Fresh Fruit	Steamy Corn Salad Greens w/Dressing Apple Snack Pack Fresh Fruit	
30-Oct	31-Oct				
Arroz Con Pollo	Early Dismissal				
Salad Greens w/Dressing Fiesta Black Beans Peaches Fresh Fruit	Turkey & Cheese Sandwich Carrot Sticks Apple Snack Pack Baked Snack Bag				

**Offered Daily:
 PB&J Meals, Yogurt Meals,
 Salads, and Sandwiches**



- Fruit & Vegetable Options***
- | | |
|-------------|--------------|
| Carrots | Apples |
| Cucumbers | Bananas |
| Broccoli | Peaches |
| Cauliflower | Pears |
| Celery | Grapes |
| | Strawberries |

**** Fruit & Vegetable Provided Depend On Availability**

Milk
 1% and Skim White
 Skim Chocolate

(Soy Milk is available for students w/dairy allergies)



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