

Food Services Director: Jennifer Wilinsky
wilinskyj@readingsd.org
Please check the District Website, Food Services Tab to learn more.

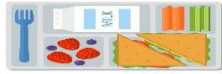
Sign Up for Schoolcafe.com to Look up nutritionals & make payments. Set up an account to receive low balance alerts.



Reading School District High School Breakfast Menu October 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.

**** Available Daily: Assorted Cereals, Muffins and Bagels****

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
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
A. Waffles B. Egg, Cheese & Bacon on Croissant C. Banana Bread Slice Craisins/Fresh Fruit/100% Juice Assorted Milk	A. Early Riser Hashbrown B. Egg, Cheese & Bacon on Croissant C. Benefit Cereal Bar Apple Snack Pack/Fresh Fruit/ 100% Juice Assorted Milk	A. Egg & Sausage Burrito B. Egg, Cheese & Bacon on Croissant C. Donut Peaches/Fresh Fruit/100% Juice Assorted Milk	A. Cinnamon French Toast B. Egg, Cheese & Bacon on Croissant C. Cinnamon Roll Applesauce/Fresh Fruit/100% Juice	A. Cinnamon or Cocoa Puff Filled Bar B. Egg, Cheese & Bacon on Croissant C. Poptart & Yogurt Mixed Fruit/Fresh Fruit/100% Juice Assorted Milk
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
No School	A. Apple French Toast Slice B. Egg, Cheese & Bacon on Croissant C. Benefit Cereal Bar Apple Snack Pack/Fresh Fruit/ 100% Juice Assorted Milk	A. Baked Cinnamon Roll B. Egg, Cheese & Bacon on Croissant C. Donut Peaches/Fresh Fruit/100% Juice Assorted Milk	A. Mini Pancake Bites B. Egg, Cheese & Bacon on Croissant C. Cinnamon Roll Applesauce/Fresh Fruit/100% Juice Assorted Milk	A. Egg, Cheese Breakfast Wrap B. Egg, Cheese & Bacon on Croissant C. Poptart & Yogurt Mixed Fruit/Fresh Fruit/100% Juice Assorted Milk
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
A. Waffles B. Egg, Cheese & Bacon on Croissant C. Banana Bread Slice Craisins/Fresh Fruit/100% Juice Assorted Milk	A. Early Riser Hashbrown B. Egg, Cheese & Bacon on Croissant C. Benefit Cereal Bar Apple Snack Pack/Fresh Fruit/ 100% Juice Assorted Milk	A. Egg & Sausage Burrito B. Egg, Cheese & Bacon on Croissant C. Donut Peaches/Fresh Fruit/100% Juice Assorted Milk	A. Cinnamon French Toast B. Egg, Cheese & Bacon on Croissant C. Cinnamon Roll Applesauce/Fresh Fruit/100% Juice Assorted Milk	A. Cinnamon or Cocoa Puff Filled Bar B. Egg, Cheese & Bacon on Croissant C. Poptart & Yogurt Mixed Fruit/Fresh Fruit/100% Juice Assorted Milk
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
A. Breakfast Pizza B. Egg, Cheese & Bacon on Croissant C. Banana Bread Slice Craisins/Fresh Fruit/100% Juice Assorted Milk	A. Apple French Toast Slice B. Egg, Cheese & Bacon on Croissant C. Benefit Cereal Bar Apple Snack Pack/Fresh Fruit/ 100% Juice Assorted Milk	A. Baked Cinnamon Roll B. Egg, Cheese & Bacon on Croissant C. Donut Peaches/Fresh Fruit/100% Juice Assorted Milk	A. Mini Pancake Bites B. Egg, Cheese & Bacon on Croissant C. Cinnamon Roll Applesauce/Fresh Fruit/100% Juice Assorted Milk	A. Egg, Cheese Breakfast Wrap B. Egg, Cheese & Bacon on Croissant C. Poptart & Yogurt Mixed Fruit/Fresh Fruit/100% Juice Assorted Milk
30-Oct	31-Oct			
A. Waffles B. Egg, Cheese & Bacon on Croissant C. Banana Bread Slice Craisins/Fresh Fruit/100% Juice Assorted Milk	A. Early Riser Hashbrown B. Egg, Cheese & Bacon on Croissant C. Benefit Cereal Bar Apple Snack Pack/Fresh Fruit/ 100% 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.



