

Reading School District
High School
Lunch Menu
March 2024

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

## Daily Alternates

 $\frac{\text { Alternate Entrees of the week }}{\text { Monday - Mickey's Cheese Pizz }}$ Monday - Mickey's Cheese Pizza, Bean \&Cheese Burrito, Italian Hoagie, Chef Salad Cheese Burrito, Italian Hoagie, Chef Salad \&uesday- Pepperoni Pizza, Hamburger, Ham
Cheese Sandwich, Crispy Chicken Salad \& 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
** Alternate Entree option will be served with fruit and vegetable of the day.****

(2)

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  |  | 1-Mar |
|  |  |  |  | Chicken Alfredo Pasta w/ Garlic Knot <br> Steamed Broccoli Salad Greens w/Dressing Fruit Cocktail Fresh Fruit |
| 4-Mar | 5-Mar | 6-Mar | 7-Mar | 8-Mar |
| Popcorn Chicken Bowl w/ Cornbread <br> Mashed Potatoes Corn Apples Fresh Fruit | Hot Ham \& Cheese Sandwich w/ Tomato Soup <br> Cole Slaw Hummus w/ Celery Sticks Peaches Fresh Fruit Baked Snack Bag | Mac \& Cheese w/ Breadstick <br> Steamed Peas <br> Fresh Veggie Sticks Diced Pears Fresh Fruit | Chicken Tinga over Tortilla Chips <br> Refried Beans <br> Salad Greens w/ Dressing <br> Plantains <br> Fresh Fruit | Stromboli w/Sauce <br> Carrot Coins Fresh Veggie Sticks Pineapples Fresh Fruit |
| 11-Mar | 12-Mar | 13-Mar | 14-Mar | 15-Mar |
| Chicken Tender Wrap: Reg. or Spicy w/Lettuce \& Tomato <br> Sugar Snap Peas Carrot Sticks Peaches/Fresh Fruit | Nachos Grande w/ Turkey Taco \& Queso w/ Chips <br> Lettuce \& Tomato/ Salsa Cup Ranchero Pinto Beans Pineapples/Fresh Fruit Churro | Lasagna w/ Garlic Knot <br> Steamed Broccoli Salad Greens w/ Dressing Fruit Cocktail Fresh Fruit | Asian Bowl: General Tso or Teriyaki Chicken w/Stir Fried Rice Oriental Blend Vegetables Fresh Veggie Sticks Mandarin Oranges/Fresh Fruit Fortune Cookie | BBQ Rib Sandwich <br> Steamy Corn <br> Salad Greens w/ Dressing Apples Fresh Fruit |
| 18-Mar | 19-Mar | 20-Mar | 21-Mar | 22-Mar |
| Southern Crispy Chicken Drumstick \& Wings w/ Biscuit <br> Baked Beans <br> Carrot Sticks Peaches Fresh Fruit | Chicken or Beef Tamales <br> Cilantro Lime Brown Rice Roasted Black Beans \& Corn Tropical Mixed Fruit Fresh Fruit | Hot Honey Beef Loaded Totchos w/ Roll <br> Salad Greens w/ Dressing Fruit Cocktail Fresh Fruit WG Cookie | Meatball Sub or Dragon's Breath Sub (Jalapeno Chicken Meatballs) <br> Sidewinder Fries Fresh Veggie Sticks Pears/Fresh Fruit | Pork Carnitas or BBQ Pulled Turkey on Flatbread <br> Sweet Potatoe Fries Cole Slaw Pineapples Fresh Fruit |
| 25-Mar | 26-Mar | 27-Mar | 28-Mar | 29-Mar |
| No School | No School | No School | No School | No School |

The Red Knight LUNCH Meal Deal

Choose ONE Entree: Alternate Entree Alternate Entree

Choose up to TWO Sides of Fruit:
$\underset{\text { Fresh Fruit }}{ }$
Fresh Fruit
Fruit Cup
Fruit Juice (only 1 serving)
total to be a complete meal!

* Don't Forget- Take at least ONE fruit or vegetable, And at least Three items in total to be a complete meal!
$\begin{array}{ll}\text { Fresit Cup } & \begin{array}{l}\text { Daily } \\ \text { Fegetable }\end{array} \\ \text { Fruit Juice (only } 1 \text { serving) } & \text { Assorted Fresh Veggies }\end{array}$

