Directora de servicios alimentarios: Jennifer Wilinsky wilinskyj@readingsd.org Consulte el sitio web del distrito, pestaña Servicios de alimentos para obtener más información.



6-Jan

Sloppy Joe's

Cole Slaw

Seasoned Potato Wedges

Peaches

Fresh Fruit

Baked Chips

13-Jan

Burger Bar: Hamburger w/ or

Peaches/Fresh Fruit

20-Jan

No School

27-Jan

**BBQ Rib Sandwich** 

Fiesta Beans

Corn

Applesauce

Fresh Fruit

## **Reading School District High School** Lunch Monu



2-Jan

No School

9-Jan

Popcorn Chicken Bowl w/Gravy &

Cornbread Muffin

Mashed Potatoes

Corn

Warm Cinnamon Apples

Fresh Fruit

16-Jan

Chicken Drumstick & Wings w/

Mac & Cheese

Steamed Broccoli

Fresh Veggie Sticks

Mixed Fruit

Fresh Fruit

23-Jan

Nachos Grande w/ Beef Taco &

Queso over Tortilla Chips

Lettuce & Tomato/Salsa Cup/Sour

Cream

Ranchero Pinto Beans

Plantains/ WG Churro

30-Jan

Chicken & Cheese Quesadilla w/

Salsa Cup

Green Beans

Waffle Fries

Peaches

Fresh Fruit

1-Jan

8-Jan

Chicken Parmesan Wrap

Roasted Broccoli

Salad Greens w/Dressing

Pineapples

Fresh Fruit

15-Jan

Stromboli w/ Marinara Sauce

Carrots

Salad Greens w/Dressing

Tropical Fruit

Fresh Fruit

22-Jan

Rotini Pasta w/ Garlic Basil

Meatballs & Texas Toast

Roasted Broccoli

Salad Greens w/Dressing

Pineapples

Fresh Fruit

29-Jan

Cheeseburger Mac & Cheese

w/Garlic Knot

Broccoli

Fresh Veggie Sticks

Diced Pears

Fresh Fruit

3-Jan Meatball Sub

Green Beans Seasoned Waffle Fries Pineapples Fresh Fruit Baked Chips

10-Jan

Dumplings over Fried Rice w/ Egg

Sugar Snap Peas

Mandarin Oranges

Fresh Fruit

17-Jan

Early Dimissal:

Chef's Choice

Fresh Vegetables

Fresh Fruits

Baked Snack Bag

24-Jan

Nachos Grande w/ Beef Taco & Queso

over Tortilla Chips

Lettuce & Tomato/Salsa Cup/Sour

Ranchero Pinto Beans

Plantains/ WG Churro

31-Jan

Beef Birria Tacos or Beyond Beef Tacos

w/ Avocado

Salad Greens w/Dressing

Salsa

Tropical Fruit Fresh Fruit

| Regístrese en Schoolcafe.com para buscar i<br>nutricional y realizar pagos. Configure una cue<br>alertas de saldo bajo. |        | January |           | Adult Breakfast Meal | - \$5.00 Adult Lunch Meai - \$5.00 |
|---|--------|---------|-----------|----------------------|------------------------------------|
| Daily Alternates  | Monday | Tuesday | Wednesday | Thursday             | Friday                             |

7-Jan

Carne Asada or Al Pastor

Burritos w/ Salsa & Guacamole

Refried Beans

Carrots

Plantains/ Fresh Fruit

WG Churro

14-Jan

Steak Sandwich w/ or w/o

Cheese Sauce

Sweet Potato Waffle Fries

Green Beans

Pineapples

Fresh Fruit

21-Jan

Brunch for Lunch: French

Toast Sticks w/ Sausage Links

Hash Brown Stars

Carrot & Celery Sticks

Craisins/ Fresh Fruit

WG Donut

28-Jan

Chicken Bacon Ranch Wrap

Carrots

Cole Slaw

Mixed Fruit

Fresh Fruit

| 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, Cobl |
| 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       |

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

Chicken Salad

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



Fruit & Vegetable Options\*

Carrots Apples Cucumbers Rananas Broccoli Grapes Cauliflower Pear Strawberries Celery

Availability



w/dairy allergies)



|  | Choose ONE Entree:<br>Daily Entree Special<br>Alternate Entree |
|--|--|
|--|--|

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 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





## w/o Cheese or Veggie Patty on Bun w/ Toppings Crinkle Cut Fries WG Onion Ring Baked Beans





