

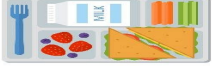


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Reading School District High School Breakfast Menu January 2025



Meal Prices
Adult Breakfast Meal - \$3.00 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 and Muffins**	Monday	Tuesday	Wednesday	Thursday	Friday
			1-Jan	2-Jan	3-Jan
Daily Juice Variety: Only 1 Juice Allowed w/Meal Apple Juice Grape Juice Fruit Punch Orange Juice			No School	No School	A. Early Riser Hashbrown B. Egg, Cheese & Bacon on Croissant C. Poptart & Yogurt Fresh Fruit/100% Juice Assorted Milk
	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
 Fruit & Vegetable Options* Carrots Apples Cucumbers Bananas Broccoli Peaches Cauliflower Pears Celery Pineapple Sugar Snap Peas Strawberries Grapes ** Fruit & Vegetable Provided Depend On Availability	A. Breakfast Burrito B. Egg, Cheese & Bacon on Croissant C. Banana Bread Slice Fresh Fruit/100% Juice Assorted Milk	A. Cinnamon French Toast Slice B. Egg, Cheese & Bacon on Croissant C. Benefit Cereal Bar Fresh Fruit/ 100% Juice Assorted Milk	A. Baked Cinnamon Roll B. Egg, Cheese & Bacon on Croissant C. Donut Fresh Fruit/100% Juice Assorted Milk	A. Sausage & Cheese Stuffed Waffle B. Egg, Cheese & Bacon on Croissant C. Cinnamon Roll Fresh Fruit/100% Juice Assorted Milk	A. Early Riser Hashbrown B. Egg, Cheese & Bacon on Croissant C. Poptart & Yogurt Fresh Fruit/100% Juice Assorted Milk
	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
 Milk 1% and Skim White Skim Chocolate (Soy Milk is available for students w/dairy allergies)	A. Breakfast Burrito B. Egg, Cheese & Bacon on Croissant C. Banana Bread Slice Fresh Fruit/100% Juice Assorted Milk	A. Cinnamon French Toast Slice B. Egg, Cheese & Bacon on Croissant C. Benefit Cereal Bar Fresh Fruit/ 100% Juice Assorted Milk	A. Baked Cinnamon Roll B. Egg, Cheese & Bacon on Croissant C. Donut Fresh Fruit/100% Juice Assorted Milk	A. Sausage & Cheese Stuffed Waffle B. Egg, Cheese & Bacon on Croissant C. Cinnamon Roll Fresh Fruit/100% Juice Assorted Milk	A. Early Riser Hashbrown B. Egg, Cheese & Bacon on Croissant C. Poptart & Yogurt Fresh Fruit/100% Juice Assorted Milk
	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
 HEALTHY EATING	No School	A. Cinnamon French Toast Slice B. Egg, Cheese & Bacon on Croissant C. Benefit Cereal Bar Fresh Fruit/ 100% Juice Assorted Milk	A. Baked Cinnamon Roll B. Egg, Cheese & Bacon on Croissant C. Donut Fresh Fruit/100% Juice Assorted Milk	A. Sausage & Cheese Stuffed Waffle B. Egg, Cheese & Bacon on Croissant C. Cinnamon Roll Fresh Fruit/100% Juice Assorted Milk	A. Early Riser Hashbrown B. Egg, Cheese & Bacon on Croissant C. Poptart & Yogurt Fresh Fruit/100% Juice Assorted Milk
	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
	A. Breakfast Burrito B. Egg, Cheese & Bacon on Croissant C. Banana Bread Slice Fresh Fruit/100% Juice Assorted Milk	A. Cinnamon French Toast Slice B. Egg, Cheese & Bacon on Croissant C. Benefit Cereal Bar Fresh Fruit/ 100% Juice Assorted Milk	A. Baked Cinnamon Roll B. Egg, Cheese & Bacon on Croissant C. Donut Fresh Fruit/100% Juice Assorted Milk	A. Sausage & Cheese Stuffed Waffle B. Egg, Cheese & Bacon on Croissant C. Cinnamon Roll Fresh Fruit/100% Juice Assorted Milk	A. Early Riser Hashbrown B. Egg, Cheese & Bacon on Croissant C. Poptart & Yogurt 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 <u>ONE</u> 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.				