



Reading School District Middle School Lunch Menu January 2025



Meal Prices
Adult Breakfast Meal - \$3.00 Adult Lunch Meal - \$5.00

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

Weekly Alternate	Monday	Tuesday	Wednesday	Thursday	Friday
Alternate Entree of the week 1/3 - Turkey & Cheese Sandwich 1/6-1/10- Chef Salad w/Roll 1/13-1/17-Ham & Cheese Hoagie 1/20-1/24- Italian Hoagie 1/27-1/31- Taco Salad w/Roll Daily option of PB&J meal or Yogurt Meal.			1-Jan	2-Jan	3-Jan
				No School	Meatball Sandwich Green Beans Fresh Veggie Sticks Pineapples Fresh Fruit
Alternate entree option will be served with fruit and vegetable of the day.****	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
	Sloppy Joe's Emoji Potatoes Cole Slaw Peaches Fresh Fruit	Chicken Fajita or Carne Asada Burrito w/ Salsa & Guacamole Refried Beans Carrots Pears/ Fresh Fruit WG Churro	Pepperoni Pizza Roasted Broccoli Salad Greens w/Dressing Pineapple Chunks Fresh Fruit	Popcorn Chicken Bowl w/ Gravy & Cornbread Muffin Mashed Potatoes Corn Warm Cinnamon Apples Fresh Fruit	Dumplings over Fried Rice w/ Egg Roll Sugar Snap Peas Mandarin Oranges Fresh Fruit
Daily Juice Variety: Only 1 Juice Allowed w/Meal Apple Juice Grape Juice Fruit Punch	13-Jan	14-Jan	15-Jan	16-Jan	17-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	Hamburger or Cheeseburger on Bun Smile Fries Baked Beans Peaches WG Cookie	Steak Sandwich w/ or w/o Cheese Sauce Sweet Potato Waffle Fries Green Beans Pineapples Fresh Fruit	Maxi Cheese Sticks w/ Sauce Carrots Side Salad Tropical Fruit Fresh Fruit	Chicken Drumstick w/ Mac & Cheese Steamed Broccoli Fresh Veggie Sticks Mixed Fruit Fresh Fruit	Early Dismissal: Turkey & Cheese Sandwich Carrot Sticks Apples Graham Crackers
	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
	No School	Brunch for Lunch: French Toast Sticks w/ Sausage Links Hash Brown Stars Carrot & Celery Sticks Craisins/ Fresh Fruit	Pepperoni Pizza Roasted Broccoli Salad Greens w/Dressing Pineapple Chunks Fresh Fruit	Walking Taco Lettuce & Salsa Cup Ranchero Pinto Beans Mandarin Oranges/Fresh Fruit WG Churro	Breaded Chicken Patty Sandwich Honey Glazed Carrots Ranch Potato Wedges Peaches Fresh Fruit
 Milk 1% and Skim White Skim Chocolate (Soy Milk is available for students w/dairy allergies)	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
	WG Corn Dog on a Stick Fiesta Beans Corn Applesauce Fresh Fruit	Chicken & Waffles Carrot Coins Fresh Veggie Sticks Mixed Fruit Fresh Fruit	Cheeseburger Mac & Cheese w/Roll Broccoli Fresh Veggie Sticks Diced Pears Fresh Fruit	Chicken & Cheese Pizza Quesadilla w/ Salsa Cup Green Beans Fresh Veggie Sticks Peaches Fresh Fruit	Ravioli in Marinara Sauce w/ Garlic Knot Roasted Zucchini Salad Greens w/ Dressing Pineapples Fresh Fruit

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 ONE Entree:
Daily Entree Special
Alternate Entree

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

