

Food Services Director: Jennifer Wilinsky  
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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 Middle School Breakfast Menu March 2024



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

 <b>Breakfast meal must select 3 food items and one of the foods Must be a fruit or juice.</b>	Monday	Tuesday	Wednesday	Thursday	Friday
					<b>1-Mar</b>
					<b>Cinnamon Toast Crunch Filled Bar</b>  Mixed Fruit Cup Fresh Fruit 100% Fruit Juice Assorted Milk
	<b>4-Mar</b>	<b>5-Mar</b>	<b>6-Mar</b>	<b>7-Mar</b>	<b>8-Mar</b>
 <b>Daily Juice Variety: Only 1 Juice Allowed w/Meal</b> Apple Juice Grape Juice Fruit Punch Orange Juice	<b>WG Chocolate or Powdered Donut</b>  Craisins Fresh Fruit 100% Fruit Juice Assorted Milk	<b>Apple Cinnamon French Toast</b>  Apples Fresh Fruit 100% Fruit Juice Assorted Milk	<b>Banana Bread Slice</b>  Peach Cup Fresh Fruit 100% Fruit Juice Assorted Milk	<b>Mini Waffles</b>  Applesauce Cup Fresh Fruit 100% Fruit Juice Assorted Milk	<b>Assorted Cereal &amp; Muffin</b>  Mixed Fruit Cup Fresh Fruit 100% Fruit Juice Assorted Milk
	<b>11-Mar</b>	<b>12-Mar</b>	<b>13-Mar</b>	<b>14-Mar</b>	<b>15-Mar</b>
	<b>Muffin &amp; Yogurt Cup</b>  Craisins Fresh Fruit 100% Fruit Juice Assorted Milk	<b>Mini Cinnis</b>  Apples Fresh Fruit 100% Fruit Juice Assorted Milk	<b>Assorted Cereal &amp; Muffin</b>  Peach Cup Fresh Fruit 100% Fruit Juice Assorted Milk	<b>Mini Pancake Bites</b>  Applesauce Cup Fresh Fruit 100% Fruit Juice Assorted Milk	<b>Cinnamon Toast Crunch Filled Bar</b>  Mixed Fruit Cup Fresh Fruit 100% Fruit Juice Assorted Milk
	<b>18-Mar</b>	<b>19-Mar</b>	<b>20-Mar</b>	<b>21-Mar</b>	<b>22-Mar</b>
 <b>Fruit &amp; Vegetable Options*</b> Carrots Apples Cucumbers Bananas Broccoli Peaches Cauliflower Pears Celery Pineapple Sugar Snap Peas Strawberries Grapes <b>** Fruit &amp; Vegetable Provided Depend On Availability</b>	<b>WG Chocolate or Powdered Donut</b>  Craisins Fresh Fruit 100% Fruit Juice Assorted Milk	<b>Apple Cinnamon French Toast</b>  Apples Fresh Fruit 100% Fruit Juice Assorted Milk	<b>Banana Bread Slice</b>  Peach Cup Fresh Fruit 100% Fruit Juice Assorted Milk	<b>Mini Waffles</b>  Applesauce Cup Fresh Fruit 100% Fruit Juice Assorted Milk	<b>Assorted Cereal &amp; Muffin</b>  Mixed Fruit Cup Fresh Fruit 100% Fruit Juice Assorted Milk
	<b>25-Mar</b>	<b>26-Mar</b>	<b>27-Mar</b>	<b>28-Mar</b>	<b>29-Mar</b>
	<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>
 <b>HEALTHY EATING</b>					

**Milk**  
1% and Skim White  
Skim Chocolate  
  
(Soy Milk is available for students w/dairy allergies)



**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.

