# Whitehall-Coplay ELEMENTARY LUNCH MENU

**What is a Meal?**
You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

What components count:
- Meat or meat alternate
- Bread (one slice)
- Choice of Fruit
- Choice of Milk
- Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Weekly Vegetable Subgroups May Include:**
- Dark green - spinach, broccoli, romaine and spring salad
- Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
- Beans/Peas - white beans, corn, lima beans
- Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Daily Fruit Selection May Include:**
- Oranges, apples, bananas, grapes, pears, peaches, cantaloupe, pineapple, and mandarin oranges
- Applesauce, pineapple, 100% fruit juices

**DAILY ALTERNATES.**

**Daily Entree Options**
- 1. Hamburger
- 2. Turkey and Cheese WK 1 & 3 & 5
- 3. Garden Salad with Dinner Roll
- 4. Peanut Butter and Jelly Uncrustable

**Nutritious Friends**
Look for our Nutritious Friend of the Month on the menu!!

**This Month:**

**Lunch Prices**
- Student $0.00
- Reduced $0.00
- Paid $0.00
- Adult - Ala Carte

**Rose Levan**
General Manager
levanr@whitehallcoplay.org

**Derek Kolumber**
Chef Manager
610-782-0961
kolumberd@whitehallcoplay.org

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<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>1. Hot Dog on Bun</td>
<td>1. French Toast Sticks with Turkey Sausage Patty</td>
<td>1. Loaded Pierogies with Cheese and Pepperoni</td>
<td>1. Macaroni &amp; Cheese with Dinner Roll</td>
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<tr>
<td>Featured Veggies: Vegetarian Baked Beans</td>
<td>Featured Veggies: Corn, Celery Sticks</td>
<td>Featured Veggies: Steamed Broccoli</td>
<td>Featured Veggies: Steamed Broccoli, Cauliflower Salad</td>
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<tr>
<td>Choice of Fruit</td>
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- **Monday:**
  - 1. Hamburger
  - Choice of Milk
  - Choice of Fruit

- **Tuesday:**
  - 1. Beef Taco
  - Choice of Fruit
  - Choice of Milk

- **Wednesday:**
  - 1. Dutch Waffle with Turkey Sausage Links
  - Choice of Fruit
  - Choice of Milk

- **Thursday:**
  - 1. Chicken Nuggets with Dinner Roll
  - Choice of Fruit
  - Choice of Milk

- **Friday:**
  - 1. Cheese Pizza
  - Choice of Fruit
  - Choice of Milk

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**Friday Only**
- 1. French Bread Pizza

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**USDA is an equal opportunity provider and employer.**

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**Menu subject to change based on product availability.**