What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

- Meat or Meat Alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk

Daily Vegetable Choices May Include:
- Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Tomatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices May Include:
- Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

Leave Your Lunch at Home
Daily entree options may include:
- Cheese Burger on a Bun
- Chicken Patty on a Bun
- Choice of Pepperoni Pizza

Specialty Pizza
- Daily Grab n Go Options
- Salads
  - Vegetable Garden Salad with Dinner Roll
  - Crispy Buffalo Chicken Salad with Dinner Roll
  - Crispy Chicken Salad with Dinner Roll

- Sandwiches
  - Crispy Buffalo Chicken Wrap
  - Chicken Bacon Ranch Wrap
  - Grilled Chicken Caesar Wrap

Uncrustables

LUNCH PRICES:
- Free: 0.00
- Reduced: 0.00
- Paid: 0.00

- Adult: A la Carte

Rose Levan
General Manager
610-782-0961
levan@whitehall-coplay.org

Derek Kolumber
Chef Manager
610-782-0961
kolumber@whitehall-coplay.org

Menu is subject to change based of product availability

USDA is an equal opportunity provider and
and Employer
### Whitehall-Coplay Middle School

#### Lunch Menu

<table>
<thead>
<tr>
<th>Day</th>
<th>1/1/24</th>
<th>1/2/24</th>
<th>1/3/24</th>
<th>1/4/23</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NO SCHOOL</strong></td>
<td><strong>WINTER BREAK</strong></td>
<td><strong>NO SCHOOL</strong></td>
<td><strong>NO SCHOOL</strong></td>
<td><strong>NO SCHOOL</strong></td>
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<tr>
<td><strong>NO SCHOOL</strong></td>
<td><strong>WINTER BREAK</strong></td>
<td><strong>NO SCHOOL</strong></td>
<td><strong>NO SCHOOL</strong></td>
<td><strong>NO SCHOOL</strong></td>
</tr>
<tr>
<td>Monday</td>
<td>Beef Taco on Soft Shell Tortilla or Chicken BBQ Sandwich on Bun</td>
<td>Featured Veggies: Buttered Carrots, Celery Sticks</td>
<td>Mozzarella Sticks with Marinara or Buffalo Chicken Cheese Steak on roll</td>
<td>Chicken Tenders with Dinner Roll or Cheesey Bread with Tomato Soup</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Chicken Quesadilla or Southwest Burger on a Bun</td>
<td>Featured Veggies: Buttered Carrots, Celery Sticks</td>
<td>Baked Ziti with Garlic Bread or Italian Grinder on Rottibread</td>
<td>French Toast Sticks with Sausage Links or Chili Cheese Dog on a Roll</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Featured Veggies: Chicken Nachos over Tortilla Chips or Korean Inspired Spicy Joe on Bun</td>
<td>Featured Veggies: Tri Tater, Black Bean and Corn Salsa</td>
<td>Baked Fries with Dinner Roll or Breaded Chicken Parmesan with Garlic Bread</td>
<td>Macaroni and Cheese with Dinner Roll or Breaded Chicken Parmesan with Garlic Bread</td>
</tr>
<tr>
<td>Thursday</td>
<td>Dutch Waffle with Sausage Links or Chicken Tenders with Pretzel Stick</td>
<td>Featured Veggies: Buttered Carrots, Celery Sticks</td>
<td>Cheese Steak Bar on a Roll or Smokey Mountain Chicken Patty on Kaiser Roll</td>
<td>Pasta Alfredo with Garlic Bread or Breaded Chicken Parmesan with Garlic Bread</td>
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<tr>
<td>Friday</td>
<td>Featured Veggies: Buffalo Chicken and Cheese on Rottibread</td>
<td>Featured Veggies: Mixed Vegetables, Baked Fries Carrots with Dip</td>
<td>Chicken Pot Pie with Dinner Roll or Smokey Mountain Chicken Patty on Kaiser Roll</td>
<td>Featured Veggies: Broccoli, Bruschetta, Choice of Fruit, Choice of Milk</td>
</tr>
</tbody>
</table>

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**What is a Meal?**

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of 1/2 cup of vegetable must accompany a reimbursable lunch.

**Meat or Meat Alternate**

Choice of Fruit

Choice of Grain/Bread

Choice of Milk

**Daily Vegetable Choices May Include:**

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery Sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

**Daily Fruit Choices May Include:**

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

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**Leave Your Lunch at Home**

**Daily entree options may include:**

Cheese Burger on a Bun

Chicken Patty on a Bun

Cheese or Pepperoni Pizza

**Specialty Pizza**

**Daily Grab n Go Options**

Salads

Vegetable Garden Salad with Dinner Roll

Crispy Buffalo Chicken Salad with Dinner Roll

Crispy Chicken Salad with Dinner Roll

Sandwiches

Crispy Buffalo Chicken Wrap

Chicken Bacon Ranch Wrap

Grilled Chicken Caesar Wrap

**Unstaples**

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**LUNCH PRICES:**

Free: $0.00

Reduced: $0.00

Paid: $0.00

**Adult- Ala Carte**

**Rose Levan**

General Manager

610-782-0961

levan@whitehallcoplay.org

**Derek Kolumber**

Chef Manager

610-782-0961

kolumber@whitehallcoplay.org

Menu is subject to change based on product availability

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USDA is an equal opportunity provider and Employer
## Zephyr Elementary

### LUNCH PRICES:
- Free: 0.00
- Reduced: 0.00
- Adult: $0.00

### Daily Vegetable Choices May Include:
- Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery Sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

### Daily Fruit Choices May Include:
- Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

### Leave Your Lunch at Home

### Specialties Options

#### Salads
- Vegetable Garden Salad with Dinner Roll
- Crispy Buffalo Chicken Salad with Dinner Roll

#### Sandwiches
- Crispy Buffalo Chicken Wrap
- Chicken Bacon Ranch Wrap
- Grilled Chicken Caesar Wrap

#### Beverages
- Fruit Punch
- Lemonade
- Water
- Milk (2% or Skim)

### Menu is subject to change based on product availability

### What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>1/1/24</td>
<td>NO SCHOOL</td>
<td>WINTER BREAK</td>
<td>1/2/24</td>
<td>TUESDAY</td>
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<tr>
<td>1/2/24</td>
<td>Beef Taco on Soft Shell Tortilla or Chicken BBQ Sandwich on Bun</td>
<td>Mozzarella Sticks with Marinara or Buffalo Chicken Cheese Steak on roll</td>
<td>Chicken Tenders with Dinner Roll or Cheesy Bread with Tomato Soup</td>
<td>Hot and Spicy Chicken Patty on Bun or General Tzatziki Chicken over Brown Rice</td>
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<td>1/8/24</td>
<td>Chicken Quesadilla or Southwest Burger on a Bun</td>
<td>Featured Veggies Buttered Carrots, Pico De Gallo, Choice of fruit</td>
<td>French Toast Sticks with Sausage Links or Chili Cheese Dog on a Roll</td>
<td>Hot and Spicy Chicken Patty on Bun or Chicken Mash Potato Bowl</td>
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<tr>
<td>1/10/24</td>
<td>Chicken Nachos over Tortilla Chips or Korean Inspired Sloppy Joe on Bun</td>
<td>Featured Veggies Tri-Color Black Bean and Corn Salsa</td>
<td>Macaroni and Cheese with Dinner Roll</td>
<td>Featured Veggies Turkey or Smothered Pierogies with Garlic Bread or Breaded Chicken Parmesan with Garlic Bread, Choice of Fruit, Choice of Milk</td>
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<td>1/15/24</td>
<td>NO SCHOOL</td>
<td>Dutch Waffle with Sausage Links or Chicken Tenders with Pretzel Stick</td>
<td>Cheese Steak Bar on a Roll or Buffalo Chicken Dip on Flatbread</td>
<td>Hot &amp; Spicy Chicken Patty on a Bun or Smokey Mountain Chicken Patty on Kaiser Roll</td>
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<tr>
<td>1/16/24</td>
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<td>Featured Veggies Buttered Carrots, Celery Sticks, Mixed Vegetables, Cucumber Slices, Choice of Fruit, Choice of Milk</td>
<td>Featured Veggies Seasoned Potato Wedges, Celery Stick with Ranch</td>
<td>Breaded Chicken Parmesan with Garlic Bread, Broccoli, Brussels Sprouts, Choice of Fruit, Choice of Milk</td>
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