




**Meet Your Nutritious Friends:
The Seeds**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>2</p> <p>NO SCHOOL LABOR DAY HOLIDAY</p> 	<p>3</p> <p>Strawberry Bagel</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>4</p> <p>Banana Muffin</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>5</p> <p>French Toast Bar</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>6</p> <p>Powdered Donut</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>What is a Meal?</p> <p>You must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals (served with Graham Cracker)</p> <p>Cinnamon Toast Crunch, Apple Jacks, Cocoa Puffs, Lucky Charms, Reeses Puffs, Cheerios, Honey Nut Cheerios, Froot Loops, Frosted Flakes, Golden Grahams.</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free white, chocolate, vanilla, and strawberry</p>
<p>9</p> <p>Blueberry Bread</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>10</p> <p>Oatmeal Chocolate Chip Bar</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>11</p> <p>Mini Filled Bagel</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>12</p> <p>Apple Cinnamon Muffin</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>13</p> <p>Chocolate Donut</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>
<p>16</p> <p>Blueberry Muffin</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>17</p> <p>Banana Chocolate Chip Bar</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>18</p> <p>Apple Frudel</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>19</p> <p>Banana Bread</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>20</p> <p>Powdered Donut Holes</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	
<p>23</p> <p>Mini Cinni Rolls</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>24</p> <p>French Toast Bar</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>25</p> <p>Chocolate Chip Muffin</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>26</p> <p>Strawberry Bagel</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>27</p> <p>Mini Chocolate Donuts</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	
<p>30</p> <p>Banana Muffin</p> <p>Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>					

<p>Contact</p> <p>Cathy Muto, General Manager 610-782-1890 Mutoc@whitehallcoplay.org</p> <p>Derek Kolumber, Chef Manager 610-782-0961 kolumberd@whitehallcoplay.org</p>
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<p>Meal Prices</p> <p>Student Breakfast \$0.00 Reduced Breakfast \$0.00</p>
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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>2</p> <p>NO SCHOOL LABOR DAY HOLIDAY</p> 	<p>3</p> <p>1. Chicken Nachos with Salsa and Shredded Lettuce</p> <p>FEATURED VEGGIES Ranch Refried Beans Street Corn Salad</p>	<p>4</p> <p>1. Pancakes with Turkey Sausage Patties</p> <p>FEATURED VEGGIES Tater Tots Carrot Sticks</p>	<p>5</p> <p>1. Hot Dog on a Bun</p> <p>FEATURED VEGGIES Buttered Corn Garden Salad</p>	<p>6</p> <p>1. Cheese Pizza (V)</p> <p>FEATURED VEGGIES Steamed Broccoli Cauliflower Salad</p>	<p>What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p>Daily Alternates</p> <ol style="list-style-type: none"> PB&J Garden Salad Chicken Caesar Salad Weekly Sandwich/ Friday Craveable <p>Wk 1- Ham and Cheese/ Turkey and Cheese Craveable</p> <p>Wk 2- Turkey and Cheese/ Superfruit Craveable</p> <p>Wk 3- Ham and Cheese/ Pizza Flatbread Craveable</p> <p>Wk 4- Turkey and Cheese/ Italian Craveable.</p>
<p>9</p> <p>1. Chicken Nuggets with Buttered Noodles</p> <p>FEATURED VEGGIES Seasoned Broccoli Baby Carrots</p>	<p>10</p> <p>1. Beef Soft Tacos</p> <p>FEATURED VEGGIES Corn Black Bean and Corn Salad</p>	<p>11</p> <p>1. Chicken Patty on a Bun</p> <p>FEATURED VEGGIES Glazed Carrots Broccoli Salad</p>	<p>12</p> <p>1. Mini Corn Dogs</p> <p>FEATURED VEGGIES Curly Fries Cherry Tomatoes</p>	<p>13</p> <p>1. Stuffed Crust Pizza</p> <p>FEATURED VEGGIES Steamed Peas Corn Salad</p>	
<p>16</p> <p>1. Classic Sloppy Joe on Hawaiian Roll</p> <p>FEATURED VEGGIES Oven Fries Chickpea Salad</p>	<p>17</p> <p>1. Walking Taco With Doritos</p> <p>FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad</p>	<p>18</p> <p>1. Cheesesteak on a Roll</p> <p>FEATURED VEGGIES Tater Tots Baby Carrots</p>	<p>19</p> <p>1. Pasta with Meatballs and Garlic Knot</p> <p>FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch</p>	<p>20</p> <p>1. French Bread Pizza</p> <p>FEATURED VEGGIES Buttered Carrots Cherry Tomatoes</p>	
<p>23</p> <p>1. Hamburger or Cheeseburger on a Bun</p> <p>FEATURED VEGGIES Steamed Broccoli Cucumber Slices</p>	<p>24</p> <p>1. Beef Nachos with Salsa and Shredded Lettuce</p> <p>FEATURED VEGGIES Baked Beans Corn Salsa</p>	<p>25</p> <p>1. French Toast Sticks with Turkey Sausage Links</p> <p>FEATURED VEGGIES Tri Patty Taters Carrot Sticks</p>	<p>26</p> <p>1. Macaroni & Cheese (V)</p> <p>FEATURED VEGGIES Buttered Carrots Tomato Mozzarella Salad</p>	<p>27</p> <p>1. Pepperoni Pizza</p> <p>FEATURED VEGGIES Steamed Green Beans Baby Carrots</p>	
<p>30</p> <p>1. Popcorn Chicken with Mashed Potatoes and Gravy</p> <p>FEATURED VEGGIES Buttered Corn Celery Sticks</p>					

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