



**Whitehall-Coplay School District**  
Zephyr Breakfast Menu










**September 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<b>No School</b> <b>Labor Day Holiday</b> 	Breakfast Pizza Bagel <sup>3</sup> Or Powdered Donut Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Raspberry Churro <sup>4</sup> Or French Toast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini French Toast <sup>5</sup> Or Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Confetti Pancakes <sup>6</sup> Or Apple Cinnamon Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	<b>What is a Meal?</b> You must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk  A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.  <b>Whole Grain Cereals</b> <i>(served with Graham Cracker)</i> Cinnamon Toast Crunch, Apple Jacks, Cocoa Puffs, Lucky Charms, Reeses Puffs, Cheerios, Honey Nut Cheerios, Froot Loops, Frosted Flakes, Golden Grahams.  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry  <b>Weekly Breakfast Special</b> <b>Week 1- Yogurt</b> <b>Week 2- Oatmeal</b> <b>Week 3- Breakfast Sandwich</b> <b>Week 4- Pancake/ Waffle Bar</b>  <b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> <b>(VG) Vegan</b> <i>These items do not contain any animal products</i>
Strawberry Bagel <sup>9</sup> Or Glazed Dunkin Sticks Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Maple Pancakes <sup>10</sup> Or Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Chocolate Chip French Toast <sup>11</sup> Or Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini Cinni Rolls <sup>12</sup> Or Apple Cinnamon Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Cinnamon Waffle <sup>13</sup> Or Chocolate Donut Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
Cinnamon Cream Cheese Bar <sup>16</sup> Or Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Maple Waffle <sup>17</sup> Or Apple Cinnamon Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Confetti Pancakes <sup>18</sup> Or French Toast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Chocolate Chip French Toast <sup>19</sup> Or Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Apple Frudel <sup>20</sup> Or Powdered Donut Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
Mini Cinni Rolls <sup>23</sup> Or Chocolate Chip Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Breakfast Pizza <sup>24</sup> Or Oatmeal Chocolate Chip Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Strawberry Bagel <sup>25</sup> Or Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Confetti Pancakes <sup>26</sup> Or Chocolate Donut Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Apple Churro <sup>27</sup> Or Apple Cinnamon Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
Mini French Toast <sup>30</sup> Or Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice					
<b>Contact</b> <b>Cathy Muto, General Manager</b> 610-782-1890 <a href="mailto:Mutoc@whitehallcoplay.org">Mutoc@whitehallcoplay.org</a>  <b>Derek Kolumber, Chef Manager</b> 610-782-0961 <a href="mailto:kolumberd@whitehallcoplay.org">kolumberd@whitehallcoplay.org</a>			<b>Meal Prices</b> Student Breakfast \$0.00 Reduced Breakfast \$0.00		 <b>Metz</b> CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

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<div><div></div><div><b>Loaded Potatoes!</b> Crinkle cut Fries, Potato Wedges, White Cheese Sauce, Yellow Cheese Sauce, Chili, Taco Meat, Pulled Pork, Buffalo Chicken, Peppers, Onions, Salsa, Jalapeno Peppers, Diced Tomato, Shredded Cheeses . Customizable for (V)</div></div>													
2  No School  Labor Day Holiday  		3  Breaded Ravioli  With Marinara Sauce (V)  <b>FEATURED VEGGIES</b> Buttered Corn Tomato Mozzarella Salad		4  Sausage, Egg and Cheese on a Honey Glazed Donut  <b>FEATURED VEGGIES</b> Tri Taters Baby Carrots		5  Meatball Sub on a Garlic Roll  Plant- Based Meatball Sub (V)  <b>FEATURED VEGGIES</b> Seasoned Peas Bruschetta		6  General Tso's Chicken over Vegetable Fried Rice  Glazed Asian Veg Stir Fry (V)  <b>FEATURED VEGGIES</b> Steamed Broccoli Cucumber Slices		<b>What is a Meal?</b>  You must choose at least 3 of the 5 components available for the school lunch price.  - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk  A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.			
<div><div></div><div><b>Poblanos' Mex-American!</b> Choice of soft- or hard-shell tortillas, tortilla chips, seasoned beef, chicken, pork, nacho cheese, topped with ranch refried beans, rice, Mexicali corn, and a variety of salsas. Customizable for (V)</div></div>													
9  Mini Corn Dogs with a Dinner Roll  <b>FEATURED VEGGIES</b> Tater Tots Celery Sticks		10 <b>NATIONAL HOT DOG DAY</b>  Hot Dog Bar with Choice of Toppings on a Bun  <b>FEATURED VEGGIES</b> Baked Beans Coleslaw		11  Nacho Bar with Choice of Toppings  Cheese Nachos (V)  <b>FEATURED VEGGIES</b> Roasted Corn Fresh Pineapple Salsa		12  Baked Ziti with a Garlic Knot (V)  <b>FEATURED VEGGIES</b> Lemon Parm Broccoli Baby Carrots		13  Chicken Tenders with a Pretzel Stick  <b>FEATURED VEGGIES</b> Mixed Vegetables Potato Salad		<b>Choice of Vegetable</b>  Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <b>Choice of Fruit</b>  Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b>  1% white, fat-free white, chocolate, vanilla, and strawberry			
<div><div></div><div><b>Mac &amp; Cheese!</b> Choice of house made cheese sauce, taco beef, pulled pork, buffalo chicken, or chili. Topped with roasted lemon-parmesan broccoli, sauteed red peppers, and choice of shredded cheese. Customizable for (V)</div></div>													
16  Chicken Nuggets with Buttered Noodles  Plant-Based Nuggets (V)  <b>FEATURED VEGGIES</b> Seasoned Carrots Broccoli Salad		17  Taco Bar  Veggie Taco (V)  <b>FEATURED VEGGIES</b> Ranch Refried Beans Mango Salsa		18  BBQ Ribby on a Club Roll  <b>FEATURED VEGGIES</b> Buttered Corn Cucumber Slices		19  Rotini With Meat sauce and Garlic Bread  Rotini Marinara (V)  <b>FEATURED VEGGIES</b> Steamed Broccoli Baby Carrots		20  Cheesesteak Bar on a Steak Roll  Grilled Cheese (V)  <b>FEATURED VEGGIES</b> Crinkle Cut Fries Garden Salad		<b>Daily Chef Fresh</b>  Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps			
<div><div></div><div><b>Nachos!</b> Tortilla Chips, Seasoned Beef, Chicken, Chili, Nacho Cheese, Refried Beans, Salsa, Pico de Gallo, Guacamole, Diced Tomato, Shredded Lettuce and choice of Shredded Cheeses. Customizable for (V)</div></div>													
23  Chicken Mash Bowl with Cornbread  <b>FEATURED VEGGIES</b> Buttered Corn Baby Carrots		24  Cheesy Breadsticks with Marinara (V)  <b>FEATURED VEGGIES</b> Steamed Peas Cucumber Slices		25 <b>NATIONAL QUESADILLA DAY</b>  Chicken or Veggie (V) Quesadilla with Toppings Bar  <b>FEATURED VEGGIES</b> Mixed Vegetables Pico de Gallo		26  Dutch Waffles with Sausage Links  <b>FEATURED VEGGIES</b> Tater tots Pepper Slices		27  Chicken Parmesan over Spaghetti  Spaghetti Marinara (V)  <b>FEATURED VEGGIES</b> Steamed Broccoli Tomato Mozzarella Salad		<b>Daily Entrée Options</b>  Hamburger/Cheeseburger on a Bun  Burger of the Week  Chicken Patty on a Bun  Spicy Chicken Patty (Fridays)  Cheese or Pepperoni Pizza  Specialty Pizza  PB&J			
<div><div></div><div><b>Pasta!</b> Choice of two daily pasta, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese. Customizable for (V)</div></div>													
30  Boneless Wing Bar choice of Sauces  <b>FEATURED VEGGIES</b> Seasoned Curley Fries Carrot and Celery Sticks										<b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i>  <b>(VG) Vegan</b> <i>These items do not contain any animal products</i>			
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