



Whitehall-Coplay School District
High School Breakfast Menu



September 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>No School ² Labor Day Holiday</p> 	<p>Breakfast Pizza Bagel ³ Or Powdered Donut Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>Raspberry Churro ⁴ Or French Toast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>Mini French Toast ⁵ Or Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>Confetti Pancakes ⁶ Or Apple Cinnamon Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>What is a Meal? 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 <i>Graham Cracker</i>) 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 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 Breakfast Special Monday- Yogurt Bar Tuesday- Oatmeal Bar Wednesday- Breakfast Sandwich Thursday- Pancake/ Waffle Bar Friday- Smoothies</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>Strawberry Bagel ⁹ Or Glazed Dunkin Sticks Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>Maple Pancakes ¹⁰ Or Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>Chocolate Chip French Toast ¹¹ Or Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>Mini Cinni Rolls ¹² Or Apple Cinnamon Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>Cinnamon Waffle ¹³ Or Chocolate Donut Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	
<p>Cinnamon Cream Cheese Bar ¹⁶ Or Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>Maple Waffle ¹⁷ Or Apple Cinnamon Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>Confetti Pancakes ¹⁸ Or French Toast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>Chocolate Chip French Toast ¹⁹ Or Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>Apple Frudel ²⁰ Or Powdered Donut Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	
<p>Mini Cinni Rolls ²³ Or Chocolate Chip Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>Breakfast Pizza ²⁴ Or Oatmeal Chocolate Chip Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>Strawberry Bagel ²⁵ Or Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>Confetti Pancakes ²⁶ Or Chocolate Donut Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	<p>Apple Churro ²⁷ Or Apple Cinnamon Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>	
<p>Mini French Toast ³⁰ Or Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice</p>					
<p>Contact Cathy Muto, General Manager 610-782-1890 Mutoc@whitehallcoplay.org</p> <p>Derek Kolumber, Chef Manager 610-782-0961 kolumberd@whitehallcoplay.org</p>			<p>Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00</p>		



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



Whitehall-Coplay School District
High School Lunch Menu



September 2024

Monday		Tuesday		Wednesday		Thursday		Friday		Offered Daily	
BRAVO! Texas Smokehouse! Choice of dry-rubbed BBQ chicken or pork, ranch taters, zesty country green beans, BBQ baked beans, slaw, and melons. Choice of broche roll, Texas toast, biscuits, and a variety of BBQ sauces.										What is a Meal? 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.	
2 No School Labor Day Holiday 		3 Breaded Ravioli With Marinara Sauce (V) FEATURED VEGGIES Buttered Corn Tomato Mozzarella Salad		4 Sausage, Egg and Cheese on a Honey Glazed Donut FEATURED VEGGIES Tri Taters Baby Carrots		5 Meatball Sub on a Garlic Roll Plant- Based Meatball Sub (V) FEATURED VEGGIES Seasoned Peas Bruschetta		6 General Tso's Chicken over Vegetable Fried Rice Glazed Asian Veg Stir Fry (V) FEATURED VEGGIES Steamed Broccoli Cucumber Slices		Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry Daily Chef Fresh Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps Daily Entrée Options 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 (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>	
BRAVO! Poblando's Mex-American! 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)											
9 Mini Corn Dogs with a Dinner Roll FEATURED VEGGIES Tater Tots Celery Sticks		10 NATIONAL HOT DOG DAY Hot Dog Bar with Choice of Toppings on a Bun FEATURED VEGGIES Baked Beans Coleslaw		11 Nacho Bar with Choice of Toppings Cheese Nachos (V) FEATURED VEGGIES Roasted Corn Fresh Pineapple Salsa		12 Baked Ziti with a Garlic Knot (V) FEATURED VEGGIES Lemon Parm Broccoli Baby Carrots		13 Buffalo Chicken Dip with Tortilla Chips FEATURED VEGGIES Mixed Vegetables Potato Salad			
BRAVO! Mac & Cheese! 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)											
16 Chicken Nuggets with Buttered Noodles Plant-Based Nuggets (V) FEATURED VEGGIES Seasoned Carrots Broccoli Salad		17 Taco Bar Veggie Taco (V) FEATURED VEGGIES Ranch Refried Beans Mango Salsa		18 STREET EATS Nashville Hot Chicken and Waffles FEATURED VEGGIES Mexicali Corn Coleslaw		19 Rotini With Meat sauce and Garlic Bread Rotini Marinara (V) FEATURED VEGGIES Steamed Broccoli Baby Carrots		20 Cheesesteak Bar on a Steak Roll Grilled Cheese (V) FEATURED VEGGIES Crinkle Cut Fries Garden Salad			
BRAVO! Shawarma! Choice of beef kofta meatballs, chicken shawarma, or falafel (V) over lemon-scented rice or pita. Choice of feta, pickled onions, diced tomato and cucumber, black olives, romaine, tzatziki sauce, or spicy harissa sauce.											
23 Chicken Mash Bowl with Cornbread FEATURED VEGGIES Buttered Corn Baby Carrots		24 Cheesy Breadsticks with Marinara (V) FEATURED VEGGIES Steamed Peas Cucumber Slices		25 NATIONAL QUESADILLA DAY Chicken or Veggie (V) Quesadilla with Toppings Bar FEATURED VEGGIES Sweet Potato Fries Pico de Gallo		26 NATIONAL DUMPLING DAY Dumpling Bowl with Yakaioaba Noodles FEATURED VEGGIES Roasted Asian Veg Cabbage Slaw		27 Chicken Parmesan over Spaghetti Spaghetti Marinara (V) FEATURED VEGGIES Steamed Broccoli Tomato Mozzarella Salad			
BRAVO! Pasta! Choice of two daily pasta, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese. Customizable for (V)											
30 Boneless Wing Bar choice of Sauces FEATURED VEGGIES Seasoned Curley Fries Carrot and Celery Sticks											
Contact Cathy Muto, General Manager 610-782-1890 Mutoc@whitehallcoplay.org						Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00				 Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES	
Derek Kolumber, Chef Manager 610-782-0961 kolumberd@whitehallcoplay.org											

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