Whitehall-Coplay School District Middle School Breakfast Menu



October 2024

Monday Tuesday Munusday Thursday Friday Offered Daily Maple Pancakes 1 WG Apple Churro 2 Strawberry Bagel 3 Mini Clim Rolls 4 What is a Meal? Your with a strawberry Murfin Your with a strawberry Bagel 3 Mini Clim Rolls 4 Word parameters Your with a strawberry Bagel 3 Mini Clim Rolls 4 Word parameters Your with a strawberry Bagel Your with a strawberry Bagel 3 Mini Clim Rolls 4 Sourded Climation 4 Context in the strawberry Bagel Your with a strawberry Bagel Your with your with strawberry Bagel Your With Baramaryo								
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Or		1 Maple Pancakes	2 WG Apple Churro	3 Strawberry Bagel	Mini Cinni Rolls 4	What is a Meal?		
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

Whitehall-Coplay School District Middle School Lunch Menu



October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
BRAVOI Texas Smok	What is a Meal?				
	1 Walking Taco with Doritos Cheese Nachos (V)	2 French Toast Sticks with Sausage Links	3 Ravioli With Meat Sauce Ravioli with Marinara (V) Garlic Bread	4 Sweet and Sour Chicken over Brown Rice Vegetable Stir Fry (V)	You must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein
	FEATURED VEGGIES Mexicali Corn Baby Carrots Vegetable Rueben, Pasta Prir	FEATURED VEGGIES Tater Tots Celery Sticks navera. Smokey 3 Bean Chili	FEATURED VEGGIES Seasoned Green Beans Broccoli Salad Black Bean Burger, Cauliflo	FEATURED VEGGIES Steamed Broccoli Cucumber Slices wer and Cheddar Bisque.	 Choice of Vegetable Choice of Fruit Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.
DIMAYU! Curried	Chickpea Salad, Roasted Ro	oot Vegetables, Beet Salad, C	Quinoa Salad, Variety of Vege	etable Based Salads.	
7 Chicken Tenders with a Dinner Roll Plant-Based Nuggets (V)	8 Burrito Bowl over Spanish Rice Plant-Based Option	9 Breakfast Scramble Bowl	10 Chicken Alfredo Rotini Alfredo (V) Garlic Knot	11 General Tso's over Vegetable Fried Rice	Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables
FEATURED VEGGIES Buttered Corn Baby Carrots	FEATURED VEGGIES Ranch Refried Beans Street Corn Salad	FEATURED VEGGIES Tater Tots Cucumber Slices	FEATURED VEGGIES Buttered Carrots Bruschetta	FEATURED VEGGIES Steamed Broccoli Cauliflower Salad	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
BRAVOI National Sch Nu	Choice of Milk				
14 Cheese Steak Bar	15 Taco Bar	16 Sausage, Egg and Cheese	17 Lasagna Roll Up (V)	18 Kung Pao Chicken Poke Bowl	1% white, fat-free white, chocolate, vanilla, and strawberry
Grilled Cheese (V)	Veggie Taco (V)	on a Honey Glazed Donut	Garlic Bread	Vegetable Stir Fry (V)	Daily Chef Fresh
FEATURED VEGGIES Crinkle French Fry Pasta Salad	FEATURED VEGGIES Ancho Roasted Corn Black Bean Salad	FEATURED VEGGIES Buttered Corn Sweet Pepper Strips	FEATURED VEGGIES Roasted Green Beans Baby Carrots	FEATURED VEGGIES Seasoned Broccoli Cucumber Slices	Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps
BRAVO: Cyclone vego	Daily Entrée Options				
National Apple Day 21	gie stir-fry, or steamed brocco	23	24	25	Hamburger/Cheeseburger on a Bun
Apple Pulled Pork BBQ on a Ciabatta Roll Apple Crisp	Chicken Fajitas Cheese Quesadilla (V)	Strawberry Topped Pancakes	Baked Ziti (V) Garlic Knot	Korean Inspired Sloppy Joe Plant Based Joe (V)	Burger of the Week Chicken Patty on a Bun
FEATURED VEGGIES Apple Glazed Carrots Apple Cider Slaw	FEATURED VEGGIES Fiesta Black Beans Corn and Tomato Salad	FEATURED VEGGIES Tri Taters Baby Carrots	FEATURED VEGGIES Steamed Broccoli Tomato Mozzarella Salad	FEATURED VEGGIES Sweet Chili Brussels Potato Salad	Spicy Chicken Patty (Fridays) Cheese or Pepperoni Pizza Specialty Pizza
	eese! Choice of house made emon-parmesan broccoli, sau	· · · · · ·	• • •		PB&J
28	29	30	Halloween 31		
Boneless Wing Bar	Nacho Bar	Sausage, Egg and Cheese	Rotini with Eyeballs		(V) Vegetarian
Choice of Sauces	Cheese Nachos (V)	on a Vanilla Waffle	Rotini Marinara (V)		These items do not contain meat, poultry, or seafood, but may
Plant-Based Nuggets (V)			Vampire Garlic Bread		contain dairy and/or egg
FEATURED VEGGIES Curly Fries Carrot and Celery Sticks	FEATURED VEGGIES Baked Beans Black Bean and Corn Salad	FEATURED VEGGIES Tater Tots Baby Carrots	FEATURED VEGGIES Steamed Broccoli Bruschetta		(VG) Vegan These items do not contain any animal products
Contact					
Cathy Muto, General Manager Derek Kolumber, Chef Manager 610-782-1890 610-782-0961 ma1149@metzcorp.com kolumber(@whitehallcoplay.org		961	Meal Prices Student Breakfast Reduced Breakfast Faculty Breakfast	\$0.00 \$0.00 \$0.00	
	is an equal opportunity provider and employe				