

# Whitehall-Coplay School District High School Breakfast Menu



# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	Maple Pancakes <sup>1</sup> Or WG Banana Bread  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Apple Churro <sup>2</sup> Or WG Blueberry Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Strawberry Bagel <sup>3</sup> Or WG French Toast Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini Cinni Rolls <sup>4</sup> Or WG Bagel with Cream Cheese  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>Daily Breakfast Special</b> <b>Monday- Yogurt Bar</b> <b>Tuesday- Oatmeal Bar</b> <b>Wednesday- Breakfast Sandwich</b> <b>Thursday- Pancake/ Waffle Bar</b> <b>Friday- Smoothies</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> WG- Whole Grain
Confetti Pancakes <sup>7</sup> Or WG Blueberry Bread  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Cinnamon Waffles <sup>8</sup> Or WG Apple Cinnamon Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini French Toast <sup>9</sup> Or WG Banana Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Cinnamon Cream Cheese Bagel <sup>10</sup> Or WG Blueberry Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Apple Frudel <sup>11</sup> Or WG Banana Chocolate Chip Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
Chocolate Chip French Toast <sup>14</sup> Or WG French Toast Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini Cinni Rolls <sup>15</sup> Or WG Apple Cinnamon Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Strawberry Bagel <sup>16</sup> Or WG Banana Bread  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Raspberry Churro <sup>17</sup> Or WG Oatmeal Chocolate Chip Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Breakfast Pizza <sup>18</sup> Or WG Bagel with Cream Cheese  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
Maple Pancakes <sup>21</sup> Or WG Blueberry Bread  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Cinnamon Waffles <sup>22</sup> Or WG Apple Cinnamon Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Apple Frudel <sup>23</sup> Or WG French Toast Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini French Toast <sup>24</sup> Or WG Banana Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Confetti Pancakes <sup>25</sup> Or WG Banana Chocolate Chip Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
Strawberry Bagel <sup>28</sup> Or WG Blueberry Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini Cinni Rolls <sup>29</sup> Or WG Oatmeal Chocolate Chip Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Chocolate Chip French Toast <sup>30</sup> Or WG Banana Bread  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Cinnamon Cream Cheese Bagel <sup>31</sup> Or WG Apple Cinnamon Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice		
<b>Contact</b> Cathy Muto, General Manager 610-782-1890 <a href="mailto:ma1149@metzcorp.com">ma1149@metzcorp.com</a>  Derek Kolumber, Chef Manager 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 Faculty Breakfast \$0.00		

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# Whitehall-Coplay School District

## High School Lunch Menu



# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<b>BRAVO! Texas Smokehouse!</b> Choice of dry-rubbed BBQ chicken or pork, ranch taters, zesty country green beans, BBQ baked beans, slaw, and melons. Choice of brioche roll, Texas toast, biscuits, and a variety of BBQ sauces.					<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.
	1 Walking Taco with Doritos Cheese Nachos (V)  <b>FEATURED VEGGIES</b> Mexicali Corn Baby Carrots	2 French Toast Sticks with Sausage Links  <b>FEATURED VEGGIES</b> Tater Tots Celery Sticks	3 Ravioli With Meat Sauce Ravioli with Marinara (V) Garlic Bread  <b>FEATURED VEGGIES</b> Seasoned Green Beans Broccoli Salad	4 Sweet and Sour Chicken over Brown Rice Vegetable Stir Fry (V)  <b>FEATURED VEGGIES</b> Steamed Broccoli Cucumber Slices	
<b>BRAVO! Veg Fest!</b> Vegetable Rueben, Pasta Primavera, Smokey 3 Bean Chili, Black Bean Burger, Cauliflower and Cheddar Bisque, Curried Chickpea Salad, Roasted Root Vegetables, Beet Salad, Quinoa Salad, Variety of Vegetable Based Salads.					<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
7 Chicken Tenders with a Dinner Roll Plant-Based Nuggets (V)  <b>FEATURED VEGGIES</b> Buttered Corn Baby Carrots	8 Burrito Bowl over Spanish Rice Plant-Based Option  <b>FEATURED VEGGIES</b> Ranch Refried Beans Street Corn Salad	9 Breakfast Scramble Bowl  <b>FEATURED VEGGIES</b> Tater Tots Cucumber Slices	10 Chicken Alfredo Rotini Alfredo (V) Garlic Knot  <b>FEATURED VEGGIES</b> Buttered Carrots Bruschetta	11 General Tso's over Vegetable Fried Rice  <b>FEATURED VEGGIES</b> Steamed Broccoli Cauliflower Salad	<b>Daily Chef Fresh</b> Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps  <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  <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>
<b>BRAVO! National School Lunch Week! School Lunch Pirates!</b> Cannonball Meatballs, Blackbeard's Battered Fish & Chips, Captains Chicken Nuggets, Buccaneers Bean Burritos, Jolly Roger Fish Tacos, Golden Doubloon Corn, Treasure Chest Fruit Salad.					
14 Cheese Steak Bar Grilled Cheese (V)  <b>FEATURED VEGGIES</b> Crinkle French Fry Pasta Salad	15 Taco Bar Veggie Taco (V)  <b>FEATURED VEGGIES</b> Ancho Roasted Corn Black Bean Salad	16 Sausage, Egg and Cheese on a Honey Glazed Donut  <b>FEATURED VEGGIES</b> Buttered Corn Sweet Pepper Strips	17 Lasagna Roll Up (V) Garlic Bread  <b>FEATURED VEGGIES</b> Roasted Green Beans Baby Carrots	18 Kung Pao Chicken Poke Bowl Vegetable Stir Fry (V)  <b>FEATURED VEGGIES</b> Seasoned Broccoli Cucumber Slices	
<b>BRAVO! Cyclone Street Noodles!</b> Choice of lo mein or rice noodles, beef, chicken, pork, stir-fried cabbage, sauteed red pepper, veggie stir-fry, or steamed broccoli. Tossed with sweet chili, soy garlic, or orange sauce. Customizable for (V)					
<b>National Apple Day</b> 21 Apple Pulled Pork BBQ on a Ciabatta Roll Apple Crisp <b>FEATURED VEGGIES</b> Apple Glazed Carrots Apple Cider Slaw	22 Chicken Fajitas Cheese Quesadilla (V)  <b>FEATURED VEGGIES</b> Fiesta Black Beans Corn and Tomato Salad	23 Strawberry Topped Pancakes  <b>FEATURED VEGGIES</b> Tri Taters Baby Carrots	24 Baked Ziti (V) Garlic Knot  <b>FEATURED VEGGIES</b> Steamed Broccoli Tomato Mozzarella Salad	25 Korean Inspired Sloppy Joe Plant Based Joe (V)  <b>FEATURED VEGGIES</b> Sweet Chili Brussels Potato Salad	
<b>BRAVO! Market Street Deli!</b> Made to order Sandwiches and Wraps, Turkey and Cheese, Ham and Cheese, Italian, American, Tuna Salad, Chicken Salad, Egg Salad with a Variety of Cheeses.					
28 Boneless Wing Bar Choice of Sauces Plant-Based Nuggets (V)  <b>FEATURED VEGGIES</b> Curly Fries Carrot and Celery Sticks	29 Nacho Bar Cheese Nachos (V)  <b>FEATURED VEGGIES</b> Baked Beans Black Bean and Corn Salad	30 Sausage, Egg and Cheese on a Vanilla Waffle  <b>FEATURED VEGGIES</b> Tater Tots Baby Carrots	<b>Halloween</b> 31 Rotini with Eyeballs Rotini Marinara (V) Vampire Garlic Bread <b>FEATURED VEGGIES</b> Steamed Broccoli Bruschetta		
<b>Contact</b> <b>Cathy Muto, General Manager</b> 610-782-1890 <a href="mailto:ma1149@metzcorp.com">ma1149@metzcorp.com</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 Faculty Breakfast \$0.00		

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