

Whitehall-Coplay School District

Zephyr Breakfast Menu



October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	Maple Pancakes ¹ Or WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Apple Churro ² Or WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Strawberry Bagel ³ Or WG French Toast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini Cinni Rolls ⁴ Or WG Bagel with Cream Cheese Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	What is a Meal? 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. Whole Grain Cereals (served with Graham Cracker) Cinnamon Toast Crunch, Apple Jacks, Cocoa Puffs, Lucky Charms, Reeses Puffs, Cheerios, Honey Nut Cheerios, Froot Loops, Frosted Flakes, Golden Grahams. 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 Breakfast Special Monday- Yogurt Tuesday- Oatmeal Wednesday- Breakfast Sandwich Thursday- Yogurt Friday- Chocolate Donut (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> WG- Whole Grain
Confetti Pancakes ⁷ Or WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Cinnamon Waffles ⁸ Or WG Apple Cinnamon Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini French Toast ⁹ Or WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Cinnamon Cream Cheese Bagel ¹⁰ Or WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Apple Frudel ¹¹ Or WG Banana Chocolate Chip Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
Chocolate Chip French Toast ¹⁴ Or WG French Toast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini Cinni Rolls ¹⁵ Or WG Apple Cinnamon Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Strawberry Bagel ¹⁶ Or WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Raspberry Churro ¹⁷ Or WG Oatmeal Chocolate Chip Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Breakfast Pizza ¹⁸ Or WG Bagel with Cream Cheese Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
Maple Pancakes ²¹ Or WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Cinnamon Waffles ²² Or WG Apple Cinnamon Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Apple Frudel ²³ Or WG French Toast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini French Toast ²⁴ Or WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Confetti Pancakes ²⁵ Or WG Banana Chocolate Chip Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
Strawberry Bagel ²⁸ Or WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini Cinni Rolls ²⁹ Or WG Oatmeal Chocolate Chip Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Chocolate Chip French Toast ³⁰ Or WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Cinnamon Cream Cheese Bagel ³¹ Or WG Apple Cinnamon Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice		
Contact Cathy Muto, General Manager 610-782-1890 ma1149@metzcorp.com Derek Kolumber, Chef Manager 610-782-0961 kolumberd@whitehallcoplay.org			Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$0.00		

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





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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 brioche 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.
	1 Walking Taco with Doritos Cheese Nachos (V) FEATURED VEGGIES Mexicali Corn Baby Carrots	2 French Toast Sticks with Sausage Links FEATURED VEGGIES Tater Tots Celery Sticks	3 Ravioli With Meat Sauce Ravioli with Marinara (V) Garlic Bread FEATURED VEGGIES Seasoned Green Beans Broccoli Salad	4 Mini Corn Dogs with a Pretzel Stick FEATURED VEGGIES Steamed Broccoli Cucumber Slices	
BRAVO! Poblanos 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)					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
7 Chicken Tenders with a Dinner Roll Plant-Based Nuggets (V) FEATURED VEGGIES Buttered Corn Baby Carrots	8 Chili Cheese Dog on a Bun FEATURED VEGGIES Baked Beans Street Corn Salad	9 Breakfast Scramble Bowl FEATURED VEGGIES Tater Tots Cucumber Slices	10 Chicken Alfredo Rotini Alfredo (V) Garlic Knot FEATURED VEGGIES Buttered Carrots Bruschetta	11 Cheese Filled Bread Sticks with Tomato Soup (V) FEATURED VEGGIES Steamed Broccoli Cauliflower Salad	
BRAVO! National School Lunch Week! School Lunch Pirates! Cannonball Meatballs, Blackbeard's Battered Fish & Chips, Captains Chicken Nuggets, Buccaneers Bean Burritos, Jolly Roger Fish Tacos, Golden Doubloon Corn, Treasure Chest Fruit Salad.					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>
14 Cheese Steak Bar Grilled Cheese (V) FEATURED VEGGIES Crinkle French Fry Pasta Salad	15 Taco Bar Veggie Taco (V) FEATURED VEGGIES Roasted Broccoli Black Bean Salad	16 Sausage, Egg and Cheese on a Honey Glazed Donut FEATURED VEGGIES Tater Tots Sweet Pepper Strips	17 Lasagna Roll Up (V) Garlic Bread FEATURED VEGGIES Roasted Green Beans Baby Carrots	18 Chicken Mash Bowl with Corn Bread FEATURED VEGGIES Buttered Corn Cucumber Slices	
BRAVO! Pasta! Choice of two daily pasta, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese. Customizable for (V)					
21 National Apple Day Apple Pulled Pork BBQ on a Ciabatta Roll Apple Crisp FEATURED VEGGIES Apple Glazed Carrots Apple Cider Slaw	22 Chicken Fajitas Cheese Quesadilla (V) FEATURED VEGGIES Fiesta Black Beans Corn and Tomato Salad	23 Strawberry Topped Pancakes FEATURED VEGGIES Tri Taters Baby Carrots	24 Baked Ziti (V) Garlic Knot FEATURED VEGGIES Steamed Broccoli Tomato Mozzarella Salad	25 Sloppy Joe on a Hawaiian Roll Plant Based Joe (V) FEATURED VEGGIES 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)					
28 Boneless Wing Bar Choice of Sauces Plant-Based Nuggets (V) FEATURED VEGGIES Curly Fries Carrot and Celery Sticks	29 Nacho Bar Cheese Nachos (V) FEATURED VEGGIES Baked Beans Black Bean and Corn Salad	30 Sausage, Egg and Cheese on a Vanilla Waffle FEATURED VEGGIES Tater Tots Baby Carrots	Halloween 31 Rotini with Eyeballs Rotini Marinara (V) Vampire Garlic Bread FEATURED VEGGIES Steamed Broccoli Bruschetta		
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