



**Meet Your Nutritious Friend:
"Papa" Corn**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	2 Apple Frudel Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	3 French Toast Breakfast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	4 WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	<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 Graham Cracker) 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>WG- Whole Grain</p> <p>(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p>(VG) Vegan These items do not contain any animal products</p>
7 Oatmeal Chocolate Chip Breakfast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	8 WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	9 Filled Bagel with Strawberry Cream Cheese Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	10 WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	11 Mini Cinni Roll Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
14 	15 Confetti Pancakes Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	16 WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	17 Banana Chocolate Chip Breakfast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	18 Mini French Toast Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
21 Mini Cinnamon Waffle Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	22 Apple Cinnamon Breakfast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	23 WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	24 WG Bagel with Cream Cheese Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	25 WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
28 WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	29 French Toast Breakfast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	30 Mini Maple Pancakes Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	31 WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice		

Contact
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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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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	<p>1</p> <p>1. Chicken Taco Veggie Taco (V)</p> <p>FEATURED VEGGIES Baked Beans Corn Salad</p>	<p>2</p> <p>1. French Toast Sticks with Turkey Sausage Links</p> <p>FEATURED VEGGIES Tater Tots Baby Carrots</p>	<p>3</p> <p>1. Pasta with Meat sauce Rotini Marinara (V) Garlic Knot</p> <p>FEATURED VEGGIES Steamed Broccoli Garden Salad</p>	<p>4</p> <p>1. Cheese Pizza (V)</p> <p>FEATURED VEGGIES Buttered Carrots Cucumber Slices</p>	<p>What is a Meal?</p> <p>You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable</p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free white, chocolate and strawberry</p> <p>Daily Alternates</p> <ol style="list-style-type: none"> PB&J Garden Salad Chicken Caesar Salad Weekly Sandwich/ Friday Craveable <p>Wk 1- Ham and Cheese/ Turkey and Cheese Craveable</p> <p>Wk 2- Turkey and Cheese/ Superfruit Craveable</p> <p>Wk 3- Ham and Cheese/ Pizza Flatbread Craveable</p> <p>Wk 4- Turkey and Cheese/ Italian Craveable.</p> <p>(V) Vegetarian</p>
<p>7</p> <p>1. Chicken Tenders with a Pretzel Stick Plant Based Nuggets (V)</p> <p>FEATURED VEGGIES Baked Beans Broccoli Salad</p>	<p>8</p> <p>1. Walking Taco with Doritos Nachos with Cheese (V)</p> <p>FEATURED VEGGIES Buttered Corn Baby Carrots</p>	<p>9</p> <p>1. Strawberry Topped Waffle with Turkey Sausage Links</p> <p>FEATURED VEGGIES Sweet Potato Fries Cucumber Slices</p>	<p>10</p> <p>1. Macaroni and Cheese (V) Dinner Roll</p> <p>FEATURED VEGGIES Glazed Carrots Celery Sticks</p>	<p>11</p> <p>1. Stuffed Crust Pizza (V)</p> <p>FEATURED VEGGIES Seasoned Broccoli Garden Salad</p>	
<p>14</p> 	<p>15</p> <p>1. Beef Nachos Grande Nachos with Cheese (V)</p> <p>FEATURED VEGGIES Ranch Refried Beans Cucumber Slices</p>	<p>16</p> <p>1. Pancakes with Turkey Sausage Patties</p> <p>FEATURED VEGGIES Tri Taters Baby Carrots</p>	<p>17</p> <p>1. Spaghetti and Meatballs Spaghetti Marinara (V) Garlic Bread</p> <p>FEATURED VEGGIES Seasoned Broccoli Side Caesar Salad</p>	<p>18</p> <p>1. French Bread Pizza (V) "Papa Corn" Treat</p> <p>FEATURED VEGGIES Mixed Vegetable Celery Sticks</p>	
<p>21</p> <p>1. Chicken Patty on a Bun</p> <p>FEATURED VEGGIES Buttered Carrots Celery Sticks</p>	<p>22</p> <p>1. Beef Taco Veggie Taco (V)</p> <p>FEATURED VEGGIES Fiesta Black Beans Baby Carrots</p>	<p>23</p> <p>1. Turkey Sausage, Egg and Cheese on a Donut</p> <p>FEATURED VEGGIES Tater Tots Broccoli with Ranch</p>	<p>24</p> <p>1. Chicken Alfredo Rotini Alfredo (V) Garlic Knot</p> <p>FEATURED VEGGIES Steamed Broccoli Tomato Mozzarella Salad</p>	<p>25</p> <p>1. Pepperoni Pizza</p> <p>FEATURED VEGGIES Green Beans Cucumber Slices</p>	
<p>28</p> <p>1. Hamburger/ Cheeseburger on a Bun Veggie Burger (V)</p> <p>FEATURED VEGGIES Crinkle French Fries Coleslaw</p>	<p>29</p> <p>1. Chicken Nachos Grande Nachos with Cheese (V)</p> <p>FEATURED VEGGIES Roasted Corn Corn Salsa</p>	<p>30</p> <p>1. French Toast Sticks with Turkey Sausage Links</p> <p>FEATURED VEGGIES Hash Brown Patty Celery Sticks</p>	<p>31</p> <p>1. Baked Ziti (V) Dinner Roll</p> <p>FEATURED VEGGIES Steamed Peas Broccoli Salad</p>		

<p>Contact</p> <p>Cathy Muto, General Manager 610-782-1890 Mutoc@whitehallcoplay.org</p> <p>Derek Kolumber, Chef Manager 610-782-0961 kolumberd@whitehallcoplay.org</p>
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