



**Whitehall-Coplay School District**  
Middle 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	<p><b>What is a Meal?</b> You must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals (served with Graham Cracker)</b> Cinnamon Toast Crunch, Apple Jacks, Cocoa Puffs, Lucky Charms, Reeses Puffs, Cheerios, Honey Nut Cheerios, Froot Loops, Frosted Flakes, Golden Grahams.</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p><b>Daily Breakfast Special</b></p> <p><b>Monday- Yogurt Bar</b></p> <p><b>Tuesday- Oatmeal Bar</b></p> <p><b>Wednesday- Breakfast Sandwich</b></p> <p><b>Thursday- Pancake/ Waffle Bar</b></p> <p><b>Friday- Smoothies</b></p> <p><b>(V) Vegetarian</b> These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p><b>(VG) Vegan</b> These items do not contain any animal products WG- Whole Grain</p>
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	
 <sup>14</sup>	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		
<p><b>Contact</b></p> <p><b>Cathy Muto, General Manager</b> 610-782-1890 <a href="mailto:ma1149@metzcorp.com">ma1149@metzcorp.com</a></p> <p><b>Derek Kolumber, Chef Manager</b> 610-782-0961 <a href="mailto:kolumberd@whitehallcoplay.org">kolumberd@whitehallcoplay.org</a></p>			<p><b>Meal Prices</b></p> <p>Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$0.00</p>		

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<b>BRAVO!</b> <b>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!</b> <b>Veg Fest!</b> Vegetable Rubeen, 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.					
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>BRAVO!</b> <b>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 	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> Crinkle Fries 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>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
<b>BRAVO!</b> <b>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)					
21 <b>National Apple Day</b> 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>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>BRAVO!</b> <b>Mac &amp; Cheese!</b> 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)  <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	31 <b>Halloween</b> Rotini with Eyeballs Rotini Marinara (V) Vampire Garlic Bread  <b>FEATURED VEGGIES</b> Steamed Broccoli Bruschetta		<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>
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