










Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				Cinnamon Waffles <sup>1</sup> Or WG Banana Muffin  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.
Maple Pancakes <sup>4</sup> Or WG Blueberry Bread  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Cinnamon Cream Cheese Bagel <sup>5</sup> Or French Toast Breakfast Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini Cinni Rolls <sup>6</sup> Or WG Chocolate Chip Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini French Toast <sup>7</sup> Or Banana Chocolate Chip Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Apple Frudel <sup>8</sup> Or WG Blueberry Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	<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.
<sup>11</sup> 	WG Bagel With Cream Cheese <sup>12</sup> Or WG Banana Bread  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Chocolate Chip French Toast <sup>13</sup> Or Apple Cinnamon Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Confetti Pancakes <sup>14</sup> Or WG Blueberry Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Strawberry Filled Bagel <sup>15</sup> Or Oatmeal Chocolate Chip Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	<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
Mini French Toast <sup>18</sup> Or WG Apple Cinnamon Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Maple Waffles <sup>19</sup> Or Banana Chocolate Chip Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Maple Pancakes <sup>20</sup> Or WG Blueberry Bread  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini Cinni Rolls <sup>21</sup> Or WG Banana Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Bagel With Cream Cheese <sup>22</sup> Or French Toast Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	<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>
<sup>25</sup> 	<sup>26</sup> 	<sup>27</sup> 	<sup>28</sup> 	<sup>29</sup> 	<b>(V) Vegetarian</b> These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg  <b>(VG) Vegan</b> These items do not contain any animal products <b>WG- Whole Grain</b>
<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



**November 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<b>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.					<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 Cyclone Noodle Bowl Veggie Stir Fry (V)  <b>FEATURED VEGGIES</b> Steamed Broccoli Lo Mein Salad	
<b>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.					
4 Nashville Hot Chicken and Waffles Plant-Based Nuggets (V)  <b>FEATURED VEGGIES</b> Crinkle Fries Creamy Coleslaw	5 Walking Taco with Doritos Cheese Nachos (V)  <b>FEATURED VEGGIES</b> Mexicali Corn Street Corn Salad	6 Sausage, Egg and Cheese on a Vanilla Waffle  <b>FEATURED VEGGIES</b> Glazed Carrots Cucumber Slices	7 Pasta Bar Choice of Noodle and Sauce Garlic Knot  <b>FEATURED VEGGIES</b> Seasoned Broccoli Fresh Bruschetta	8 Loaded Mac and Cheese Bowl Customizable for (V)  <b>FEATURED VEGGIES</b> Baked Beans Baby Carrots	<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>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.					
11 	12 Beef Enchilada Black Bean Enchilada (V)  <b>FEATURED VEGGIES</b> Refried Beans Black Bean & Corn Salad	13 French Toast Sticks with Sausage Links  <b>FEATURED VEGGIES</b> Tater Tots Baby Carrots	14 Loaded Potato Bowl Choice of meat and Cheese Sauce over Potato Wedges  <b>FEATURED VEGGIES</b> Steamed Broccoli Caesar Salad	15 Popcorn Chicken Mashed Potato Bowl with Roll Plant-Based Nuggets (V)  <b>FEATURED VEGGIES</b> Buttered Corn Celery Sticks	<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>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.					
18 Chicken Tenders with Buttered Noodles Plant- Based Nuggets (V)  <b>FEATURED VEGGIES</b> Seasoned Carrots Pasta Salad	19 Poblanos Burrito Bowl over Spanish Rice  <b>FEATURED VEGGIES</b> Fiesta Black Beans Corn Salsa	20 Boneless Wing Bar with Choice of Sauces Plant-Based Nuggets (V)  <b>FEATURED VEGGIES</b> Potato Wedges Carrot & Celery Sticks	<b>Thanksgiving Feast</b> 21 Turkey or Ham, Mashed Potatoes with Gravy, Stuffing or Sweet Potatoes  <b>FEATURED VEGGIES</b> Corn or Green Beans Apple Crisp	22 Pepper Steak Bowl with Lo Mein Noodles Vegetable Stir Fry (V)  <b>FEATURED VEGGIES</b> Steamed Broccoli Asian Slaw	
<b>Market Street Deli!</b>					
25 	26 	27 	28 	29 	<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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