









Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				1 WG Banana Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	<b>What is a Meal?</b> Students 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
4 WG Bagel with Cream Cheese  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	5 WG Blueberry Bread  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	6 Apple Cinnamon Breakfast Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	7 WG Blueberry Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	8 French Toast Breakfast Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.  <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
11 	12 Oatmeal Chocolate Chip Breakfast Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	13 WG Banana Bread  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	14 WG Apple Cinnamon Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	15 Banana Chocolate Chip Breakfast 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
18 Mini Cinni Rolls  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	19 French Toast Breakfast Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	20 WG Blueberry Bread  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	21 Apple Cinnamon Breakfast Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	22 WG Chocolate Chip Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	<b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry
25 	26 	27 	28 	29 	<b>WG- Whole Grain</b> <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

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**Meal Prices**  
Student Breakfast \$0.00  
Reduced Breakfast \$0.00



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Meet Your Nutritious Friend:  
Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				1 1. Cheese Pizza (V)  <b>FEATURED VEGGIES</b> Seasoned Broccoli Cherry Tomatoes	<b>What is a Meal?</b> Students 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.  <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
4 1. Hamburger or Cheeseburger on a Bun Veggie Burger (V)  <b>FEATURED VEGGIES</b> Baked Beans Potato Salad	5 1. Chicken Tenders with Buttered Noodles Plant Based Nuggets (V)  <b>FEATURED VEGGIES</b> Buttered Corn Baby Carrots	6 1. Mini Corn Dogs  <b>FEATURED VEGGIES</b> Tater Tots Broccoli Florets	7 1. Rotini with Meat Sauce Rotini Marinara (V) Garlic Bread  <b>FEATURED VEGGIES</b> Steamed Broccoli Celery Sticks	8 1. French Bread Pizza (V)  <b>FEATURED VEGGIES</b> Seasoned Carrots Cauliflower Salad	11 
11 	12 1. Walking Tacos with Doritos Cheese Nachos (V)  <b>FEATURED VEGGIES</b> Refried Beans Corn Salad	13 1. French Toast Sticks with Turkey Sausage Links  <b>FEATURED VEGGIES</b> Tri Hash Browns Baby Carrots	14 1. Chicken Patty on a Bun  <b>FEATURED VEGGIES</b> Buttered Corn Macaroni Salad	15 1. Pepperoni Pizza  <b>FEATURED VEGGIES</b> Steamed Broccoli Pepper Strips	18 1. Hot Dog on a Bun  <b>FEATURED VEGGIES</b> Baked Beans Pasta Salad
18 1. Hot Dog on a Bun  <b>FEATURED VEGGIES</b> Baked Beans Pasta Salad	19 1. Chicken Nachos Grande Cheese Nachos (V)  <b>FEATURED VEGGIES</b> Seasoned Carrots Celery Sticks	20 WG Pancakes With Sausage Patties  <b>FEATURED VEGGIES</b> Sweet Potato Fries Broccoli Salad	21 1. Roasted Turkey, Mashed Potatoes with Gravy, Stuffing or Sweet Potatoes  <b>FEATURED VEGGIES</b> Buttered Corn <b>Cranberry Sauce</b>	22 1. Stuffed Crust Pizza (V)  <b>FEATURED VEGGIES</b> Steamed Broccoli Baby Carrots	25 
25 	26 	27 	28 	29 	<b>Daily Alternates</b> 2. PB&J 3. Garden Salad 4. Chicken Caesar Salad 5. Weekly Sandwich/ Friday Craveable  Wk 1- Ham and Cheese/ Turkey and Cheese Craveable  Wk 2- Turkey and Cheese/ Superfruit Craveable  Wk 3- Ham and Cheese/ Pizza Flatbread Craveable  Wk 4- Turkey and Cheese/ Italian Craveable.  (V) Vegetarian
<b>Contact</b> Cathy Muto, General Manager 610-782-1890 <a href="mailto:Mutoc@whitehallcoplay.org">Mutoc@whitehallcoplay.org</a>  Derek Kolumber, Chef Manager 610-782-0961 <a href="mailto:kolumberd@whitehallcoplay.org">kolumberd@whitehallcoplay.org</a>			<b>Meal Prices</b> Student Lunch \$0.00 Reduced Lunch \$0.00		

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