























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 <sup>5</sup> Bagel 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> (served with <i>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 <sup>12</sup> Cheese Or WG Banana Bread  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Chocolate Chip French <sup>13</sup> Toast 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 <sup>22</sup> Cheese Or French Toast Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	<b>Daily Breakfast Special</b>  <b>Monday- Yogurt</b>  <b>Tuesday- Oatmeal</b>  <b>Wednesday- Breakfast Sandwich</b>  <b>Thursday- Yogurt</b>  <b>Friday- Chocolate Donut</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		 <b>Metz</b> CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
					<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.
 <b>Week of 11/4/2024-</b> <b>Chef Fresh Alternative-</b> Italian Sub, Chef Salad and Superfruit Craveable					
<b>4</b> Chicken Nuggets with a Dinner Roll Plant-Based Nuggets (V)  <b>FEATURED VEGGIES</b> Crinkle Fries Creamy Coleslaw	<b>5</b> Walking Taco with Doritos Cheese Nachos (V)  <b>FEATURED VEGGIES</b> Mexicali Corn Street Corn Salad	<b>6</b> Sausage, Egg and Cheese on a Vanilla Waffle  <b>FEATURED VEGGIES</b> Glazed Carrots Cucumber Slices	<b>7</b>  Poblanos Burrito Bowls over Spanish Rice  <b>FEATURED VEGGIES</b> Seasoned Broccoli Fresh Bruschetta	<b>8</b> Loaded Bacon Cheddar Pierogis Baked Pierogis (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>Week of 11/11/24-</b> <b>Chef Fresh Alternative-</b> Turkey and Cheese Wrap, Strawberry Spinach Salad, Italian Craveable					
<b>11</b> 	<b>12</b> Nachos Grande Cheese Nachos (V)  <b>FEATURED VEGGIES</b> Refried Beans Black Bean & Corn Salad	<b>13</b> French Toast Sticks with Sausage Links  <b>FEATURED VEGGIES</b> Tater Tots Baby Carrots	<b>14</b>  Pasta Bar, Choice of Noodle and Sauce  <b>FEATURED VEGGIES</b> Steamed Broccoli Caesar Salad	<b>15</b> Popcorn Chicken Mashed Potato Bowl with Roll Plant-Based Nuggets (V)  <b>FEATURED VEGGIES</b> Buttered Corn Celery Sticks	
 <b>Week of 11/18/24-</b> <b>Chef Fresh Alternative-</b> Southwest Chicken Wrap, Bavarian Salad, Flatbread Pizza Craveable					
<b>18</b> Chicken Tenders with Buttered Noodles Plant- Based Nuggets (V)  <b>FEATURED VEGGIES</b> Seasoned Carrots Pasta Salad	<b>19</b> Taco Bar Veggie Taco (V)  <b>FEATURED VEGGIES</b> Fiesta Black Beans Corn Salsa	<b>20</b> Boneless Wing Bar with Choice of Sauces Plant-Based Nuggets (V)  <b>FEATURED VEGGIES</b> Potato Wedges Carrot & Celery Sticks	<b>21</b>  Turkey or Ham, Mashed Potatoes with Gravy, Stuffing or Sweet Potatoes  <b>FEATURED VEGGIES</b> Corn or Green Beans Apple Crisp	<b>22</b> Chili Cheese Hot Dog Grilled Cheese (V)  <b>FEATURED VEGGIES</b> Steamed Broccoli Baby Carrots	<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>25</b> 	<b>26</b> 	<b>27</b> 	<b>28</b> 	<b>29</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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