








Whitehall-Coplay School District
High School Breakfast Menu



November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				Cinnamon Waffles ¹ Or WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	What is a Meal? 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 ⁴ Or WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Cinnamon Cream Cheese ⁵ Bagel Or French Toast Breakfast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini Cinni Rolls ⁶ Or WG Chocolate Chip Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini French Toast ⁷ Or Banana Chocolate Chip Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Apple Frudel ⁸ Or WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Whole Grain Cereals (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.
 ¹¹	WG Bagel With Cream ¹² Cheese Or WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Chocolate Chip French ¹³ Toast Or Apple Cinnamon Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Confetti Pancakes ¹⁴ Or WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Strawberry Filled Bagel ¹⁵ Or Oatmeal Chocolate Chip Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry
Mini French Toast ¹⁸ Or WG Apple Cinnamon Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Maple Waffles ¹⁹ Or Banana Chocolate Chip Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Maple Pancakes ²⁰ Or WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini Cinni Rolls ²¹ Or WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Bagel With Cream ²² Cheese Or French Toast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Daily Breakfast Special Monday- Yogurt Bar Tuesday- Oatmeal Bar Wednesday- Breakfast Sandwich Thursday- Pancake/ Waffle Bar Friday- Smoothies
 ²⁵	 ²⁶	 ²⁷	 ²⁸	 ²⁹	(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg (VG) Vegan These items do not contain any animal products WG- Whole Grain
Contact Cathy Muto, General Manager 610-782-1890 ma1149@metzcorp.com Derek Kolumber, Chef Manager 610-782-0961 kolumberd@whitehallcoplay.org			Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00		 Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES








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Whitehall-Coplay School District
High School Lunch Menu



November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
Market Street Deli! 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.					What is a Meal? 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) FEATURED VEGGIES Steamed Broccoli Lo Mein Salad	
Market Street Deli! 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.					Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry
4 Nashville Hot Chicken and Waffles Plant-Based Nuggets (V) FEATURED VEGGIES Crinkle Fries Creamy Coleslaw	5 Walking Taco with Doritos Cheese Nachos (V) FEATURED VEGGIES Mexicali Corn Street Corn Salad	6 Sausage, Egg and Cheese on a Vanilla Waffle FEATURED VEGGIES Glazed Carrots Cucumber Slices	7 Pasta Bar Choice of Noodle and Sauce Garlic Knot FEATURED VEGGIES Seasoned Broccoli Fresh Bruschetta	8 Loaded Mac and Cheese Bowl Customizable for (V) FEATURED VEGGIES Baked Beans Baby Carrots	
Market Street Deli! 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.					Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry
11 	12 Beef Enchilada Black Bean Enchilada (V) FEATURED VEGGIES Refried Beans Black Bean & Corn Salad	13 French Toast Sticks with Sausage Links FEATURED VEGGIES Tater Tots Baby Carrots	14 Loaded Potato Bowl Choice of meat and Cheese Sauce over Potato Wedges FEATURED VEGGIES Steamed Broccoli Caesar Salad	15 Popcorn Chicken Mashed Potato Bowl with Roll Plant-Based Nuggets (V) FEATURED VEGGIES Buttered Corn Celery Sticks	Daily Chef Fresh Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps
Market Street Deli! 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.					Daily Entrée Options 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
18 Chicken Tenders with Buttered Noodles Plant- Based Nuggets (V) FEATURED VEGGIES Seasoned Carrots Pasta Salad	19 Poblanos Burrito Bowl over Spanish Rice FEATURED VEGGIES Fiesta Black Beans Corn Salsa	20 Boneless Wing Bar with Choice of Sauces Plant-Based Nuggets (V) FEATURED VEGGIES Potato Wedges Carrot & Celery Sticks	Thanksgiving Feast 21 Turkey or Ham, Mashed Potatoes with Gravy, Stuffing or Sweet Potatoes FEATURED VEGGIES Corn or Green Beans Apple Crisp	22 Pepper Steak Bowl with Lo Mein Noodles Vegetable Stir Fry (V) FEATURED VEGGIES Steamed Broccoli Asian Slaw	
25 	26 	27 	28 	29 	(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg (VG) Vegan These items do not contain any animal products
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