



**Meet Your Nutritious Friend:
You "Tuber"**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 	3 WG Mini Cinni Rolls Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	4 WG Apple Cinnamon Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	5 WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	6 WG Lucky Charms Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	<p>What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals (served with Graham Cracker) Cinnamon Toast Crunch, Apple Jacks, Cocoa Puffs, Lucky Charms, Reeses Puffs, Cheerios, Honey Nut Cheerios, Froot Loops, Frosted Flakes, Golden Grahams</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p>(WG) Whole Grain (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i></p>
9 WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	10 WG Confetti Pancakes Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	11 WG Apple Cinnamon Breakfast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	12 WG Bagel with Cream Cheese Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	13 WG Strawberry Cheerios Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
16 WG Banana Chocolate Chip Breakfast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	17 WG Mini Maple Waffles Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	18 WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	19 WG French Toast Breakfast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	20 WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
23 	24 	25 	26 	27 	
30 	31 				

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



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



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You "Tuber"**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>2</p> 	<p>3</p> <p>1. Walking Tacos with Doritos Cheese Walking Taco (V)</p> <p>FEATURED VEGGIES Refried Beans Cherry Tomatoes</p>	<p>4</p> <p>1. WG Waffles with Turkey Sausage Links</p> <p>FEATURED VEGGIES Tater Tots Broccoli Salad</p>	<p>5</p> <p>1. Chicken Nuggets with a Pretzel Stick</p> <p>FEATURED VEGGIES Buttered Corn Cucumber Slices</p>	<p>6</p> <p>1. Cheese Pizza (V)</p> <p>FEATURED VEGGIES Seasoned Broccoli Baby Carrots</p>	<p>What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p>Daily Alternates</p> <ol style="list-style-type: none"> PB&J Garden Salad Chicken Caesar Salad Weekly Sandwich/ Friday Craveable <p>Wk 1- Ham and Cheese/ Turkey and Cheese Craveable</p> <p>Wk 2- Turkey and Cheese/ Superfruit Craveable</p> <p>Wk 3- Ham and Cheese/ Pizza Flatbread Craveable</p> <p>Wk 4- Turkey and Cheese/ Italian Craveable.</p> <p>(V) Vegetarian</p>
<p>9</p> <p>1. Chicken Patty on a Bun</p> <p>FEATURED VEGGIES Pasta Salad</p>	<p>10</p> <p>1. Beef Nachos or Cheese Nachos (V)</p> <p>FEATURED VEGGIES Baked Beans Black Bean and Corn Salad</p>	<p>11</p> <p>1. Popcorn Chicken Mash Potato Bowl</p> <p>FEATURED VEGGIES Buttered Corn Baby Carrots</p>	<p>12 Christmas Morning Breakfast</p> <p>1. French Toast Bake topped with a Fresh Strawberry Compote and Whipped Cream with Turkey Sausage</p> <p>FEATURED VEGGIES Tater Tots Celery Sticks with Ranch</p>	<p>13</p> <p>1. French Bread Pizza (V)</p> <p>FEATURED VEGGIES Seasoned Carrots Cucumber Slices</p>	
<p>16</p> <p>1. Chicken Tenders with Buttered Noodles</p> <p>FEATURED VEGGIES Steamed Broccoli Celery Sticks</p>	<p>17</p> <p>1. Cheese Pizza Quesadilla (V)</p> <p>FEATURED VEGGIES Latin Inspired Beans Corn Salad</p>	<p>18</p> <p>1. WG Pancakes with Turkey Sausage Links</p> <p>FEATURED VEGGIES Tri Patty Taters Baby Carrots</p>	<p>19</p> <p>1. Macaroni and Cheese with a Dinner Roll (V)</p> <p>FEATURED VEGGIES Buttered Corn Creamy Coleslaw</p>	<p>20</p> <p>1. Pepperoni Pizza</p> <p>FEATURED VEGGIES Steamed Green Beans Cherry Tomatoes</p>	
<p>23</p> 	<p>24</p> 	<p>25</p> 	<p>26</p> 	<p>27</p> 	
<p>30</p> 	<p>31</p> 				

<p>Contact</p> <p>Cathy Muto, General Manager 610-782-1890 Mutoc@whitehallcoplay.org</p>	<p>Derek Kolumber, Chef Manager 610-782-0961 kolumberd@whitehallcoplay.org</p>
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<p>Meal Prices</p> <p>Student Lunch \$0.00 Reduced Lunch \$0.00</p>
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