



















Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	<b>2</b> WG Maple Pancakes <b>3</b> Or WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	<b>4</b> Mini Cinni Rolls Or WG Apple Cinnamon Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini Chocolate Chip <b>5</b> French Toast Or WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Bagel With Cream <b>6</b> Cheese Or WG French Toast Bar 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  A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.  <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.  <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>Daily Breakfast Special</b> <b>Monday- Yogurt</b> <b>Tuesday- Oatmeal</b> <b>Wednesday- Breakfast Sandwich</b> <b>Thursday- Yogurt</b> <b>Friday- Donuts</b>  <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> <b>WG- Whole Grain</b>
WG Cinnamon Waffle <b>9</b> Or WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Confetti Pancakes <b>10</b> Or WG Oatmeal Chocolate Chip Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Strawberry Filled <b>11</b> Bagel Or WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini French Toast <b>12</b> Or WG Apple Cinnamon Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Apple Frudel <b>13</b> Or WG Chocolate Chip Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
WG Cinnamon Cream <b>16</b> Cheese Bagel Or WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Maple Pancakes <b>17</b> Or WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Maple Waffle <b>18</b> Or WG Banana Chocolate Chip Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini Cinni Rolls <b>19</b> Or WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Cinnamon Waffle <b>20</b> Or WG Lucky Charms Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
<b>23</b> 	<b>24</b> 	<b>25</b> 	<b>26</b> 	<b>27</b> 	
<b>30</b> 	<b>31</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

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



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<b>Week of 12/2/2024-</b> <b>Chef Fresh Alternative-</b> Italian Sub, Chef Salad and Superfruit Craveable					<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.
	2  Beef or Chicken Nachos  Fresh Toppings Bar  <b>FEATURED VEGGIES</b> Refried Beans Baby Carrots	3  WG Breaded Chicken Drumstick with Mashed Potatoes or Mac and Cheese. Cornbread  <b>FEATURED VEGGIES</b> Corn on the Cob Pasta Salad	4  <b>BRAVO!</b> Loaded Mac and Cheese Bowl  Customizable for (V)  <b>FEATURED VEGGIES</b> Steamed Broccoli Tossed Garden Salad	5  Chicken Quesadilla  Pizza Quesadilla (V)  Spanish Brown Rice  <b>FEATURED VEGGIES</b> Mixed Vegetables Corn & Black bean Salsa	
<b>Week of 12/9/2024-</b> <b>Chef Fresh Alternative-</b> Turkey and Cheese Wrap, Cobb Salad and Italian Craveable					<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
9  Chicken Nuggets with a Pretzel Stick  <b>FEATURED VEGGIES</b> Buttered Corn Creamy Coleslaw	10  Walking Taco with Doritos  Cheese Nachos (V)  <b>FEATURED VEGGIES</b> Seasoned Peas Street Corn Salad	11  Cheese Filled Breadsticks (V)  Tomato Soup (V)  <b>FEATURED VEGGIES</b> Seasoned Carrots Cucumber Slices	12  <b>Christmas Morning Breakfast</b> <b>French Toast Bake Topped with a Fresh Strawberry Compote and Whipped Cream. With Turkey Sausage</b>  <b>FEATURED VEGGIES</b> Tater Tots Baby Carrots	13  Rotini with Meat Sauce  Rotini Marinara (V)  Garlic Knot  <b>FEATURED VEGGIES</b> Steamed Broccoli Caesar Salad	
<b>Week of 12/16/2024-</b> <b>Chef Fresh Alternative-</b> Ham and Cheese Hoagie, Southwest Chicken Salad and Flatbread Pizza Craveable					<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  Bravo Grab and Go  Specialty Pizza  PB&J
16  Chicken Tenders with Buttered Noodles  Plant-Based Nuggets  <b>FEATURED VEGGIES</b> Seasoned Carrots Potato Salad	17  Boneless Wing Bar with Choice of Sauces  Plant-Based Nuggets (V)  <b>FEATURED VEGGIES</b> Curly Fries Carrot & Celery Sticks	18  Taco Bar  Chicken or Beef, Hard or Soft Shell Tortillas  Fresh Toppings Bar  <b>FEATURED VEGGIES</b> Fiesta Black Beans Tomato Corn Salad	19  <b>BRAVO!</b> Pasta Bar Choice of Noodle and Sauce  Garlic Knot  <b>FEATURED VEGGIES</b> Seasoned Broccoli Cucumber Salad	20  Southwest Chicken Bowl over Ranch Taters  <b>FEATURED VEGGIES</b> Mexicali Corn Baby Carrots	
23  	24  	25  	26  	27  	
30  	31  				<b>(WG) Whole Grain</b> <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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