





















Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	2 WG Maple Pancakes 3 Or WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	4 Mini Cinni Rolls Or WG Apple Cinnamon Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini Chocolate Chip 5 French Toast Or WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Bagel With Cream 6 Cheese Or WG French Toast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	What is a Meal? 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. Whole Grain Cereals <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. 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 Daily Breakfast Special Monday- Yogurt Bar Tuesday- Oatmeal Bar Wednesday- Breakfast Sandwich Thursday- Pancake/ Waffle Bar Friday- Smoothies (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> WG- Whole Grain
WG Cinnamon Waffle 9 Or WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Confetti Pancakes 10 Or WG Oatmeal Chocolate Chip Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Strawberry Filled 11 Bagel Or WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini French Toast 12 Or WG Apple Cinnamon Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Apple Frudel 13 Or WG Chocolate Chip Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
WG Cinnamon Cream 16 Cheese Bagel Or WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Maple Pancakes 17 Or WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Maple Waffle 18 Or WG Banana Chocolate Chip Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini Cinni Rolls 19 Or WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Cinnamon Waffle 20 Or WG Lucky Charms Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
23 	24 	25 	26 	27 	
30 	31 				
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		

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



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
Week of 12/2/2024- Chef Fresh Alternative- Italian Sub, Chef Salad and Superfruit Craveable					What is a Meal? 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 FEATURED VEGGIES Refried Beans Baby Carrots	3 WG Breaded Chicken Drumstick with Mashed Potatoes or Mac and Cheese. Cornbread FEATURED VEGGIES Corn on the Cob Pasta Salad	 4 Loaded Mac and Cheese Bowl Customizable for (V) FEATURED VEGGIES Steamed Broccoli Tossed Garden Salad	5 Chicken Quesadilla Pizza Quesadilla (V) Spanish Brown Rice FEATURED VEGGIES Mixed Vegetables Corn & Black bean Salsa	
Week of 12/9/2024- Chef Fresh Alternative- Turkey and Cheese Wrap, Cobb Salad and Italian Craveable					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
9 Nashville Hot Chicken and Waffles Plant-Based Nuggets (V) FEATURED VEGGIES Buttered Corn Creamy Coleslaw	10 Walking Taco with Doritos Cheese Nachos (V) FEATURED VEGGIES Seasoned Peas Street Corn Salad	11 French Toast Sticks or Pancakes wit Sausage Links FEATURED VEGGIES Tater Tots Cucumber Slices	Holiday Meal 12 Roasted Rosemary Chicken with Roasted Garlic Potatoes. Dinner Roll FEATURED VEGGIES Roasted Butternut Squash Caesar Salad	13 General Tso's Chicken over Brown Rice Veggie Stir Fry (V) FEATURED VEGGIES Steamed Broccoli Baby Carrots	
Week of 12/16/2024- Chef Fresh Alternative- Ham and Cheese Hoagie, Southwest Chicken Salad and Flatbread Pizza Craveable					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 Bravo Grab and Go Specialty Pizza PB&J
16 Chicken Tenders with Buttered Noodles Plant-Based Nuggets FEATURED VEGGIES Seasoned Carrots Potato Salad	17 Boneless Wing Bar with Choice of Sauces Plant-Based Nuggets (V) FEATURED VEGGIES Curly Fries Carrot & Celery Sticks	18 Taco Bar Chicken or Beef, Hard or Soft Shell Tortillas Fresh Toppings Bar FEATURED VEGGIES Fiesta Black Beans Tomato Corn Salad	 19 Pasta Bar Choice of Noodle and Sauce Garlic Knot FEATURED VEGGIES Seasoned Broccoli Cucumber Salad	20 Southwest Chicken Bowl over Ranch Taters FEATURED VEGGIES Mexicali Corn Baby Carrots	
					(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>
					
Contact Cathy Muto, General Manager 610-782-1890 ma1149@metzcorp.com			Meal Prices Student Lunch \$0.00 Reduced Lunch \$0.00		 Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

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

