






















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 Bar</b> <b>Tuesday- Oatmeal Bar</b> <b>Wednesday- Breakfast Sandwich</b> <b>Thursday- Pancake/ Waffle Bar</b> <b>Friday- Smoothies</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		

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Monday		Tuesday		Wednesday		Thursday		Friday		Offered Daily	
<div><div></div><div>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</div></div>										<b>What is a Meal?</b> Students must choose at least 3 of the 5 components available for the school lunch price. <ul style="list-style-type: none"><li>- Choice of Whole Grain</li><li>- Choice of Protein</li><li>- Choice of Vegetable</li><li>- Choice of Fruit</li><li>- Choice of Milk</li></ul> A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.	
<div><div></div><div>2</div></div>		<div><div>3</div><div>Beef or Chicken Nachos Fresh Toppings Bar  <b>FEATURED VEGGIES</b> Refried Beans Baby Carrots</div></div>		<div><div>4</div><div>WG Breaded Chicken Drumstick with Mashed Potatoes or Mac and Cheese. Cornbread  <b>FEATURED VEGGIES</b> Corn on the Cob Pasta Salad</div></div>		<div><div>5</div><div>Rotini with Meatballs Rotini Marinara (V)  <b>FEATURED VEGGIES</b> Steamed Broccoli Tossed Garden Salad</div></div>		<div><div>6</div><div>American Cajun Bowl over Dirty Rice  <b>FEATURED VEGGIES</b> Roasted Sweet Potatoes Red Beans</div></div>		<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>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  <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>	
<div><div></div><div>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</div></div>											
<div><div>9</div><div>Nashville Hot Chicken and Waffles Plant-Based Nuggets (V)  <b>FEATURED VEGGIES</b> Buttered Corn Creamy Coleslaw</div></div>		<div><div>10</div><div>Walking Taco with Doritos Cheese Nachos (V)  <b>FEATURED VEGGIES</b> Seasoned Peas Street Corn Salad</div></div>		<div><div>11</div><div>French Toast Sticks or Pancakes wit Sausage Links  <b>FEATURED VEGGIES</b> Tater Tots Cucumber Slices</div></div>		<div><div><b>Holiday Meal</b> 12</div><div>Roasted Rosemary Chicken with Roasted Garlic Potatoes. Dinner Roll  <b>FEATURED VEGGIES</b> Roasted Butternut Squash Caesar Salad</div></div>		<div><div>13</div><div>Loaded Mac and Cheese Bowl Customizable for (V)  <b>FEATURED VEGGIES</b> Baked Beans Baby Carrots</div></div>			
<div><div></div><div>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</div></div>											
<div><div>16</div><div>Chicken Tenders with Buttered Noodles Plant-Based Nuggets  <b>FEATURED VEGGIES</b> Seasoned Carrots Potato Salad</div></div>		<div><div>17</div><div>Boneless Wing Bar with Choice of Sauces Plant-Based Nuggets (V)  <b>FEATURED VEGGIES</b> Curly Fries Carrot &amp; Celery Sticks</div></div>		<div><div>18</div><div>Taco Bar Chicken or Beef, Hard or Soft Shell Tortillas Fresh Toppings Bar  <b>FEATURED VEGGIES</b> Fiesta Black Beans Tomato Corn Salad</div></div>		<div><div>19</div><div>Pasta Bar Choice of Noodle and Sauce Garlic Knot  <b>FEATURED VEGGIES</b> Seasoned Broccoli Cucumber Salad</div></div>		<div><div>20</div><div>Southwest Chicken Bowl over Ranch Taters  <b>FEATURED VEGGIES</b> Mexicali Corn Baby Carrots</div></div>			
<div><div></div><div>23</div></div>		<div><div></div><div>24</div></div>		<div><div></div><div>25</div></div>		<div><div></div><div>26</div></div>		<div><div></div><div>27</div></div>			
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<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 Lunch \$0.00 Reduced Lunch \$0.00					
						<div><div></div><div><b>Metz</b> CULINARY MANAGEMENT ENVIRONMENTAL SERVICES</div></div>					

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