













**Meet Your Nutritious Friend:
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 	2 	3 	What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price. <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk
6 WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	7 WG Mini Chocolate Chip French Toast Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	8 WG French Toast Breakfast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	9 WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	10 WG Lucky Charms Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. 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
13 WG Apple Cinnamon Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	14 WG Mini Maple Pancakes Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	15 WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	16 WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	17 WG Cinnamon Toast Crunch Cereal 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
20 	21 WG Strawberry Cream Cheese Filled Bagel Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	22 WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	23 WG Apple Cinnamon Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	24 WG Coco Puffs Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
27 WG Oatmeal Chocolate Chip Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	28 WG Confetti Pancakes Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	29 WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	30 WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	31 WG Strawberry Cheerios Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	(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 Mutoc@whitehallcoplay.org			Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00		 Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES



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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 	2 	3 	What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price. <ul style="list-style-type: none"> - 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. 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
6 1. Chicken Nuggets with a Dinner Roll FEATURED VEGGIES Buttered Corn Baby Carrots	7 1. Chicken Nachos Cheese Nachos (V) FEATURED VEGGIES Baked Beans Black Bean & Corn Salad	8 1. French Toast Sticks with Turkey Sausage Links FEATURED VEGGIES Tater Tots Celery Sticks	9 1. Rotini with Meat sauce Rotini Marinara Garlic Bread FEATURED VEGGIES Seasoned Broccoli Tomato Mozzarella Salad	10 1. Cheese Pizza (V) FEATURED VEGGIES Steamed Carrots Cucumber Slices	
13 1. Chicken Tenders with Buttered Noodles FEATURED VEGGIES Seasoned Corn Pasta Salad	14 1. Walking Taco with Doritos Walking Taco with Cheese (V) FEATURED VEGGIES Ranch Refried Beans Corn and Tomato Salad	15 1. WG Pancakes with Turkey Sausage Patties FEATURED VEGGIES Tri Tater Broccoli Florets	16 1. Lasagna Roll Up (V) Garlic Knot FEATURED VEGGIES Seasoned Green Beans Cherry Tomatoes	17 1. French Bread Pizza (V) FEATURED VEGGIES Steamed Broccoli Baby Carrots	
20 	21 1. Beef Tacos Veggie Tacos (V) FEATURED VEGGIES Latin Inspired Pinto Beans Celery Sticks	22 1. Sausage, Egg and Cheese on a Croissant Egg and Cheese on a Croissant (V) FEATURED VEGGIES Tater Tots Baby Carrots	23 1. Macaroni and Cheese (V) Dinner Roll FEATURED VEGGIES Buttered Carrots Broccoli Salad	24 1. Pepperoni Pizza FEATURED VEGGIES Seasoned Broccoli Cucumber Slices	Daily Alternates 2. PB&J 3. Garden Salad 4. Chicken Caesar Salad 5. Weekly Sandwich/ Friday Craveable Wk 1- Ham and Cheese/ Turkey and Cheese Craveable Wk 2- Turkey and Cheese/ Superfruit Craveable Wk 3- Ham and Cheese/ Pizza Flatbread Craveable Wk 4- Turkey and Cheese/ Italian Craveable. (V) Vegetarian (WG) Whole Grain
27 1. Hamburger or Cheeseburger on a Bun FEATURED VEGGIES Crinkle Fries Macaroni Salad	28 1. Chicken Quesadilla with Salsa and Sour Cream FEATURED VEGGIES Baked Beans Celery Sticks	29 1. WG Waffles with Turkey Sausage Links FEATURED VEGGIES Glazed Carrots Cauliflower Salad	30 1. Cheese Ravioli (V) Garlic Bread FEATURED VEGGIES Seasoned Broccoli Cucumber Slices	31 1. Stuffed Crust Pizza (V) FEATURED VEGGIES Steamed Peas Baby Carrots	
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