











Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1	2	3	What is a Meal? You 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 Confetti Pancakes ⁶ Or WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini Cinni Rolls ⁷ Or WG Apple Cinnamon Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Cinnamon Waffle ⁸ Or WG French Toast Breakfast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini French Toast ⁹ Or WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini Maple Pancakes ¹⁰ Or WG Bagel with Cream Cheese Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
WG Mini Chocolate Chip French Toast ¹³ Or WG Chocolate Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Strawberry Cream Cheese Filled Bagel ¹⁴ Or WG Oatmeal Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini French Toast ¹⁵ Or WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Apple Frudel ¹⁶ Or WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini Maple Waffles ¹⁷ Or WG Lucky Charms Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
 ²⁰	WG Confetti Pancakes ²¹ Or WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Cinnamon Waffle ²² Or WG Apple Cinnamon Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Cinnamon Cream Cheese Filled Bagel ²³ Or WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini Chocolate Chip French Toast ²⁴ Or Strawberry Cheerios Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
WG Mini Maple Pancakes ²⁷ Or WG Apple Cinnamon Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Strawberry Cream Cheese Filled Bagel ²⁸ Or French Toast Breakfast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini Cinni Rolls ²⁹ Or WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini French Toast ³⁰ Or WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini Maple Waffles ³¹ Or WG Cocoa Puffs Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
Contact Cathy Muto, General Manager 610-782-1890 mutoc@metzcorp.com Derek Kolumber, Chef Manager 610-782-0961 kolumberd@whitehallcoplay.org			Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00		 Metz 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
					What is a Meal? You 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.
  					
Week of 1/6/2025- Chef Fresh Alternative- Italian Sub, Chef Salad and Superfruit Craveable					
6 Chicken Tenders with Mashed Potatoes and Gravy Dinner Roll FEATURED VEGGIES Buttered Corn Baby Carrots	7 Beef or Chicken Nachos Cheese Nachos (V) Fresh Toppings Bar FEATURED VEGGIES Fiesta Black Beans Street Corn Salad	8 French Toast Sticks with Sausage Links FEATURED VEGGIES Tater Tots Celery Sticks	9 Lasagna Roll Up (V) Garlic Knot FEATURED VEGGIES Steamed Broccoli Side Garden Salad	10 Mini Corn Dogs with a Pretzel Stick FEATURED VEGGIES Seasoned Carrots Cucumber Slices	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
Week of 1/13/2025- Chef Fresh Alternative- Turkey and Cheese Wrap, Cobb Salad and Italian Craveable					
13 WG Breaded Chicken Drumstick with Mashed Potatoes or Mac and Cheese Cornbread FEATURED VEGGIES Corn on the Cob Potato Salad	14 Walking Taco with Doritos Doritos Walking Taco with Cheese (V) FEATURED VEGGIES Vegetarian Baked Beans Baby Carrots	15 Pancakes Topped with Strawberry Compote and Whipped Cream with Sausage Patties FEATURED VEGGIES Hash Brown Patty Celery Sticks	16 Chicken Rotini Alfredo Rotini Alfredo (V) Garlic Breadstick FEATURED VEGGIES Lemon Parm Broccoli Broccoli Salad	17 Loaded Potatoes Cheese Sauce and Choice of Protein over Potato Wedges FEATURED VEGGIES Buttered Carrots Pasta Salad	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 Specialty Pizza PB&J
Week of 1/20/2025- Chef Fresh Alternative- Ham and Cheese Hoagie, Southwest Chicken Salad and Flatbread Pizza Craveable					
 20	21 Burrito Bowl Choice of Protein over Spanish Rice and Fresh Toppings Bar FEATURED VEGGIES Mexicali Corn Black Bean Salad	22 Cheese Filled Breadsticks with Tomato Soup (V) FEATURED VEGGIES Tater Tots Baby Carrots	23 Pasta Bar Choice of Noodle and Sauce Garlic Bread FEATURED VEGGIES Seasoned Carrots Tomato Mozzarella Salad	24 General Tso's Chicken over Brown Rice Veggie Stir Fry FEATURED VEGGIES Steamed Broccoli Cucumber Slices	(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>
Week of 1/27/2025- Chef Fresh Alternative- Chicken Salad Wrap, Greek Salad and Turkey and Cheese Craveable					
27 Loaded Mac and Cheese Bowl Choice of Protein and Toppings Bar FEATURED VEGGIES Seasoned Peas Cherry Tomatoes	28 Taco Bar Beef or Chicken, Hard or Soft Shell Tortillas Fresh Toppings Bar FEATURED VEGGIES Refried Beans Broccoli Salad	29 Boneless Wing Bar with Choice of Sauces FEATURED VEGGIES Crinkle Cut Fries Carrot & Celery Sticks	30 Baked Ziti with Meatballs Baked Ziti (V) Garlic Bread FEATURED VEGGIES Seasoned Broccoli Caesar Salad	31 Popcorn Chicken Mashed Potato Bowl Dinner Roll FEATURED VEGGIES Buttered Corn Potato Salad	
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