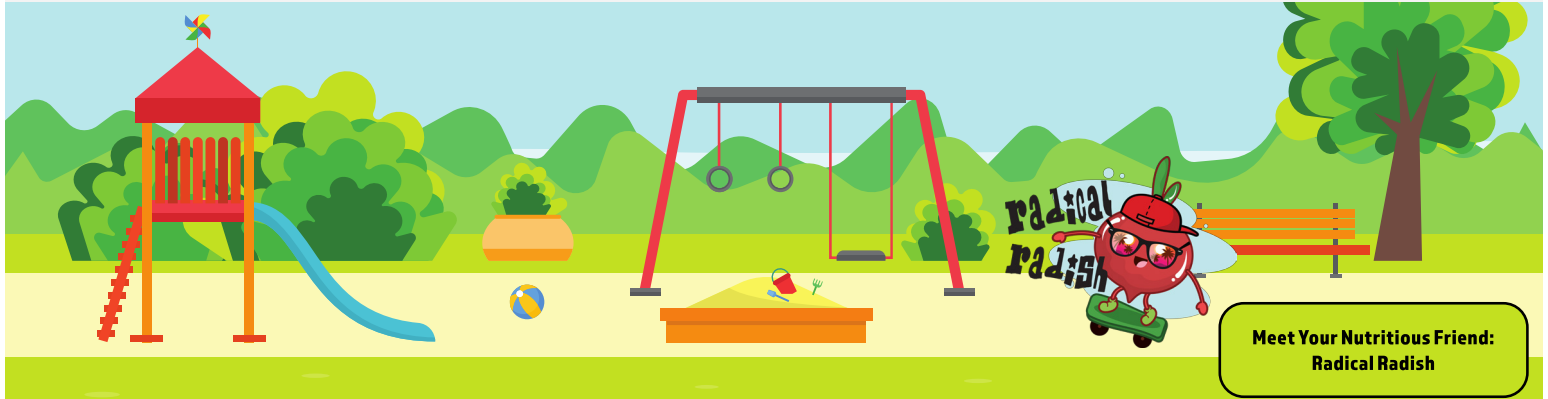
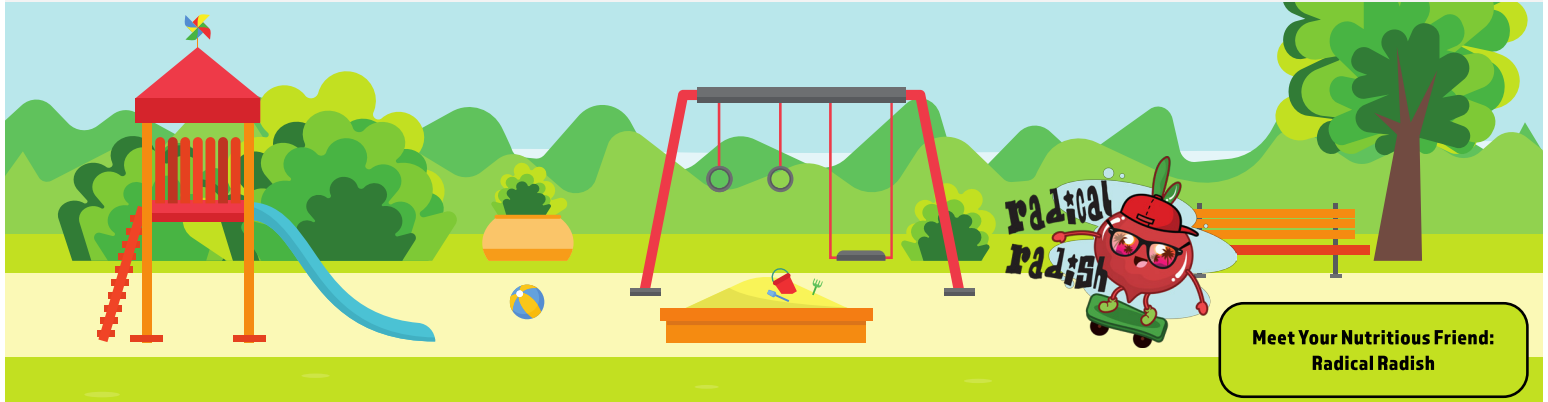




Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
3 WG Apple Cinnamon Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	4 WG Mini Maple Pancakes Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	5 WG French Toast Breakfast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	6 WG Bagel with Cream Cheese Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	7 	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
10 WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	11 WG Mini Cinni Rolls Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	12 WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	13 WG Oatmeal Chocolate Chip Breakfast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	14 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
17 WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	18 WG Mini Chocolate Chip French Toast Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	19 WG Apple Cinnamon Breakfast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	20 WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	21 WG Strawberry Cheerios 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
24 WG Banana Chocolate Chip Breakfast Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	25 WG Confetti Pancakes Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	26 WG Chocolate Chip Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	27 WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	28 WG Cocoa Puffs Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Choice of Milk 1% white, fat-free white, chocolate
31 WG Blueberry Muffin 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		



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
3 1. WG Chicken Nuggets Dinner Roll FEATURED VEGGIES Buttered Corn Baby Carrots	4 1. Chicken Nachos with Lettuce and Salsa Cheese Nachos (V) FEATURED VEGGIES Refried Beans Corn Salad	5 1. French Toast Sticks with Turkey Sausage Links FEATURED VEGGIES Tater Tots Celery Sticks	6 1. Cheese Filled Breadsticks with Marinara Sauce (V) FEATURED VEGGIES Seasoned Broccoli Tomato Mozzarella Salad	7 	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. 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, 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
10 1. WG Chicken Tenders with Buttered Noodles FEATURED VEGGIES Buttered Carrots Pasta Salad	11 1. Walking Taco with Doritos Walking Taco with Cheese (V) FEATURED VEGGIES Baked Beans Celery Sticks	12 1. Turkey Sausage, Egg and Cheese on a WG Croissant FEATURED VEGGIES Triangle Hash Brown Baby Carrots	13 1. Cheese Ravioli with Marinara (V) Garlic Bread FEATURED VEGGIES Mixed Vegetables Broccoli Florets	14 Pi Day 3.14 Galaxy Pizza "Pi" (V) FEATURED VEGGIES Steamed Broccoli Caesar Salad	
St. Patrick's Day 17 1. WG Chicken Patty on a Bun Jell-O Parfait FEATURED VEGGIES Seasoned Corn Macaroni Salad	18 1. Beef Tacos with Lettuce, Cheese and Salsa FEATURED VEGGIES Pinto Beans Cucumber Slices	19 1. WG Waffles with Turkey Sausage Patties FEATURED VEGGIES Tater Tots Baby Carrots	20 1. Rotini with Meat Sauce Rotini Marinara (V) Garlic Knot FEATURED VEGGIES Seasoned Broccoli Garden Salad	21 1. French Bread Pizza (V) FEATURED VEGGIES Mixed Vegetables Cherry Tomatoes	
24 1. Hamburger or Cheeseburger on a bun FEATURED VEGGIES Crinkle Cut Fries Baby Carrots	25 1. Chicken Quesadilla Sour Cream and Salsa FEATURED VEGGIES Seasoned Peas Black Bean Salad	26 1. WG Pancakes with Turkey Sausage Links FEATURED VEGGIES Hash Brown Patty Celery Sticks	27 1. Macaroni and Cheese (V) Breadstick FEATURED VEGGIES Seasoned Carrots Broccoli Salad	28 1. Stuffed Crust Pizza (V) FEATURED VEGGIES Steamed Broccoli Cucumber Slices	
31 1. Popcorn Chicken with Mashed Potatoes/ Gravy Dinner Roll FEATURED VEGGIES Buttered Corn Cucumber Slices					
Contact Cathy Muto, General Manager 610-782-1890 Mutoc@whitehallcoplay.org			Meal Prices Student Lunch \$0.00 Reduced Lunch \$0.00		