

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

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



Whitehall-Coplay School District
High School Lunch Menu

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
MARKET STREET DELI 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					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 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 Chef Fresh Grab and Go Salads (WG) Whole Grain (V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg (VG) Vegan These items do not contain any animal products
3 Chicken Tenders with Buttered Noodles FEATURED VEGGIES Mixed Vegetables Baby Carrots	4 Taco Bar Beef or Chicken on Hard or Soft Shell Tortillas Fresh Toppings Bar FEATURED VEGGIES Fiesta Black Beans Corn Salad	5 French Toast with Sausage Links FEATURED VEGGIES Tater Tots Broccoli Florets	6 Baked Ziti with Meat sauce Baked Ziti (V) Garlic Bread FEATURED VEGGIES Steamed Broccoli Caesar Salad	7 NO SCHOOL TEACHER INSERVICE DAY	
MARKET STREET DELI 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					
10 WG Chicken Drumstick, Mashed Potatoes or Macaroni and Cheese Cornbread FEATURED VEGGIES Corn on the Cob Potato Salad	11 Loaded Nachos Beef or Chicken Fresh Toppings Bar FEATURED VEGGIES Refried Beans Celery Sticks	12 Dutch Waffle with Sausage Patties FEATURED VEGGIES Crinkle Fries Cherry Tomatoes	13 Chicken Alfredo Rotini Alfredo (V) Garlic Knot FEATURED VEGGIES Mixed Vegetables Tomato Mozzarella Salad	14 General Tso's Chicken over Vegetable Fried Rice Veggie Stir Fry (V) FEATURED VEGGIES Steamed Broccoli Lo Mein Salad	
MARKET STREET DELI 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					
St. Patrick's Day 17 Sheppard's Pie Bowl Or Turkey Reuben FEATURED VEGGIES Buttered Corn Coleslaw	18 Walking Tacos with Doritos Cheese Walking Taco (V) Fresh Toppings Bar FEATURED VEGGIES Baked Beans Baby Carrots	19 WG Pancakes or Waffles Topped with Strawberries with Sausage Links FEATURED VEGGIES Hash Brown Bell Pepper Strips	20 Spaghetti and Meatballs Spaghetti Marinara (V) Garlic Breadstick FEATURED VEGGIES Seasoned Broccoli Cucumber Salad	Grains of Love 21 Roasted Pork and Quinoa Chimichurri Bowl FEATURED VEGGIES Mixed Vegetables Mediterranean Quinoa	
MARKET STREET DELI 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					
24 Southwest Chicken Bowl over Ranch Taters FEATURED VEGGIES Mexicali Corn Baby Carrots	25 Burrito Bowl Beef or Chicken over Spanish Rice Fresh Toppings Bar FEATURED VEGGIES Latin Pinto Beans Street Corn Salad	26 Boneless Wing Bar with Choice of Sauces FEATURED VEGGIES Potato Wedges Carrot and Celery Sticks	27 Pasta Bar Choice of Noodle and Sauce Garlic Bread FEATURED VEGGIES Steamed Broccoli Spinach Salad	Street Eats 28 Asian Chicken Noodle Bowl Veggie Stir Fry (V) FEATURED VEGGIES Asian Glazed Vegetables Asian Slaw	
MARKET STREET DELI 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					
31 Nashville Hot Chicken and Waffles FEATURED VEGGIES Crinkle Fries Coleslaw					
Contact Cathy Muto, General Manager 610-782-1890 mutoc@metzcorp.com Derek Kolumber, Chef Manager 610-782-0961 kolumberd@whitehallcoplay.org			Meal Prices Student Lunch Reduced Lunch \$0.00 \$0.00		Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

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