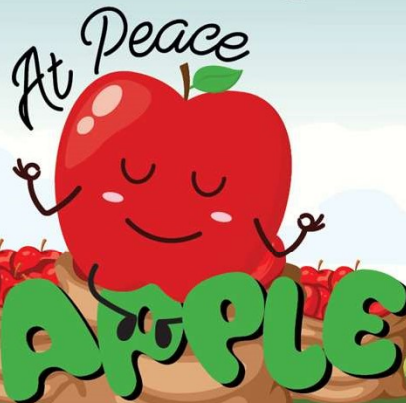




Meet Your Nutritious Friend:
At Peace Apple

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Mini Cinnamon Waffles Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	3 WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	4 WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	5 WG Cocoa Puff Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice
8 Glazed Dunkin Sticks Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	9 Mini Confetti Pancakes Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	10 WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	11 WG French Toast Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	12 WG Trix Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice
15 Mini Blueberry Donut Holes Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	16 Chocolate Chip French Toast Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	17 WG Chocolate Chip Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	18 WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	19 WG Strawberry Cheerios Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice
22 WG Bagel with Cream Cheese Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	23 Mini Maple Pancakes Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	24 WG Apple Cinnamon Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	25 WG Banana Chocolate Chunk Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	26 WG Cinnamon Toast Crunch Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice
29 	30 Mini Cinni Rolls Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	1 WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	2 WG Apple Cinnamon Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	3 WG Cocoa Puff Cereal Bar 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 or Vegetable
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals (served with graham crackers)

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free white, fat-free chocolate.

(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

Contact

Cathy Muto, General Manager
610-782-1890
Mutoc@whitehallcoplay.org

Derek Kolumber, Chef Manager
610-782-0961
kolumberd@whitehallcoplay.org

Meal Prices

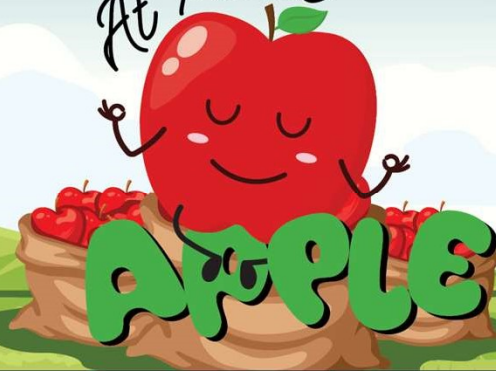
Student Breakfast \$0.00
Reduced Breakfast \$0.00



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES



At Peace



Meet Your Nutritious Friend:
At Peace Apple

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 (WK 1)	3	4	5
	1. Chicken & Cheese Quesadilla FEATURED VEGGIES Seasoned Carrots Salsa	1. Popcorn Chicken with Mashed Potatoes and Gravy Dinner Roll FEATURED VEGGIES Buttered Corn Carrot Sticks	1. Hot Ham & Cheese on Pretzel Roll FEATURED VEGGIES Baked Beans Garden Salad	1. Cheese Pizza Sticks with Dipping Sauce (V) FEATURED VEGGIES Steamed Broccoli Cucumber Slices
8 (WK 2)	9	10	11	12
1. Chicken Nuggets with Roll FEATURED VEGGIES Buttered Corn Celery Sticks	1. Nachos Grande with Tortilla Chips FEATURED VEGGIES Refried Beans Lettuce & Tomato	1. Hamburger or Cheeseburger on a bun FEATURED VEGGIES Glazed Carrots Broccoli Salad	1. Chicken Tenders with Soft Pretzel FEATURED VEGGIES Oven Fries Coleslaw	1. Pepperoni Pizza FEATURED VEGGIES Seasoned Broccoli Caesar Salad
15 (WK 3)	16	17	18	19
1. Classic Sloppy Joe on Brioche Roll FEATURED VEGGIES Baked Beans Chickpea Salad	1. Walking Taco with Pretzel Stick FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad	1. Chicken Patty on a Bun FEATURED VEGGIES Tater Tots Ranchero Carrots	1. Meatballs or Chicken Alfredo over Penne Pasta with Garlic Bread FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch	1. Smothered Pierogies FEATURED VEGGIES Mixed Vegetables Cucumber Slices
22 (WK 4)	23	24	25	26
1. Hamburger or Cheeseburger on a Bun FEATURED VEGGIES Sweet Potato Fries Baby Carrots	1. Mini Turkey Corn Dogs FEATURED VEGGIES Latin-Inspired Beans Golden Corn	1. French Toast Sticks with Sausage Links FEATURED VEGGIES Tri Patty Taters Carrot Sticks	1. Mac & Cheese (V) Dinner Roll FEATURED VEGGIES Steamed Tomatoes Caesar Salad	1. Cheesy Pizza (V) FEATURED VEGGIES Steamed Green Beans Baby Carrots
29	30 (WK 1)	1	2	3
	1. Nachos Grande over Tortilla Chips FEATURED VEGGIES Seasoned Black Beans Tomato Salad	1. Mini Maple Pancakes with Sausage Patties FEATURED VEGGIES Hash Brown Potato Fresh Cucumber Slices	1. Chicken Patty on a Bun FEATURED VEGGIES Steamed Corn Romaine Salad	1. Italian Dunkers with Sauce (V) FEATURED VEGGIES Steamed Broccoli Cherry Tomatoes

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, fat-free chocolate, fat-free vanilla, fat-free strawberry

Daily Alternates

- PB&J
- Chopped Garden Salad
- Turkey and Cheese Salad
- Weekly Sandwich/ Friday Craveable

Wk 1- Turkey Ham and Cheese/ Nacho Craveable

Wk 2- Turkey and Cheese/ Superfruit Craveable

Wk 3- Turkey Ham and Cheese/ Pizza Flatbread Craveable

Wk 4- Turkey and Cheese/ Italian Craveable.

(V) Vegetarian (WG) Whole Grain

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Meal Prices

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