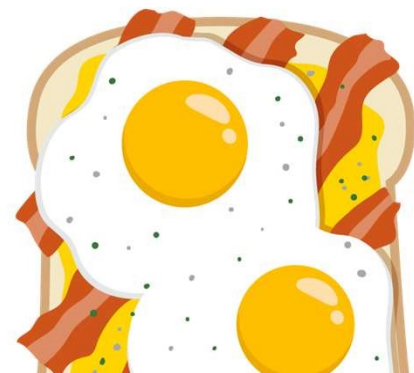


| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Tuesday                                                                                         | Wednesday                                                                                                                                     | Thursday                                                                                                          | Friday                                                                                                                                            | What is a Meal?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1<br>                                                                                                                                                                                                                                                                                                                                                                              | 2<br>Breakfast Pizza<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice  | 3<br>Egg & Cheese Croissant<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice                                         | 4<br>Chocolate Chip<br>French Toast<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice     | 5<br>Strawberries & Cream<br>Overnight Oats Cup<br>with Graham Crackers<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice | <b>What is a Meal?</b><br>Students must choose at least 3 of the 4 components available for the school breakfast price.<br><br>- Choice of Whole Grain<br>- Choice of Protein<br>- Choice of Fruit or Vegetable<br>- Choice of Milk<br><br>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.<br><br><b>Whole Grain Cereals</b><br><i>(served with graham crackers)</i><br>Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios<br><br><b>Choice of Fruit</b><br>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice<br><br><b>Choice of Milk</b><br>1% white, fat-free white, fat-free chocolate.<br><br><b>Daily Breakfast Offerings</b><br>Assorted WG Cereal Bars<br><br>Assorted WG Muffins<br><br>WG Banana Bread<br><br>WG Blueberry Bread<br><br>Assorted Yogurt with a Bagel<br><br><b>(WG) Whole Grain</b><br><b>(V) Vegetarian</b><br><i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i><br><b>(VG) Vegan</b><br><i>These items do not contain any animal products</i> |
| 8<br><br>Glazed Dunkin Sticks<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice                                                                                                                                                                                                                                                                                                                                                            | 9<br>Breakfast Pizza<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice  | 10<br>Strawberries & Cream<br>Smoothie Bowl with<br>Graham Crackers<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice | 11<br>French Toast Sticks<br>with Syrup<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice | 12<br><br>Dutch Waffle<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 15<br><br>Mini Maple Pancakes<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice                                                                                                                                                                                                                                                                                                                                                            | 16<br>Breakfast Pizza<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice | 17<br>Egg, Sausage & Cheese<br>Maple Flatbread<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice                      | 18<br>Chocolate Chip<br>French Toast<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice    | 19<br><br>Apple Strudel<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 22<br><br>Mini Cinni Rolls<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice                                                                                                                                                                                                                                                                                                                                                               | 23<br>Breakfast Pizza<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice | 24<br>Apple Pie Smoothie Bowl<br>with Graham Crackers<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice               | 25<br>French Toast Sticks<br>with Syrup<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice | 26<br>Breakfast Banana Split<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 29<br>                                                                                                                                                                                                                                                                                                                                                                           | 30<br>Breakfast Pizza<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice | 1<br>Egg, Sausage & Cheese<br>Maple Flatbread<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice                       | 2<br>Chocolate Chip<br>French Toast<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice     | 3<br><br>Apple Strudel<br><br>Assorted Cereals<br>Pop-tarts<br>Assorted Juice<br>Fruit of choice                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Contact</b><br><b>Cathy Muto, General Manager</b><br>610-782-1890<br><a href="mailto:Mutoc@whitehallcoplay.org">Mutoc@whitehallcoplay.org</a><br><b>Derek Kolumber, Chef Manager</b><br>610-782-0961<br><a href="mailto:kolumberd@whitehallcoplay.org">kolumberd@whitehallcoplay.org</a><br><b>Meal Prices</b><br>Student Breakfast \$0.00<br>Reduced Breakfast \$0.00<br> |                                                                                                 |                                                                                                                                               |                                                                                                                   |                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



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