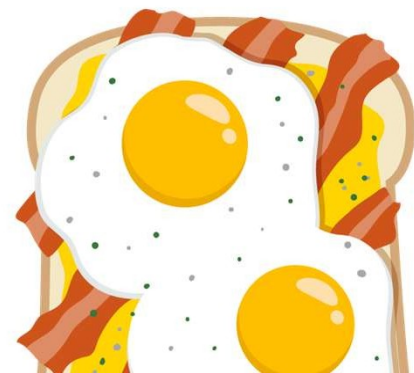




Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
29 	30 Breakfast Pizza Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	1 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	2 WG Pancakes with Syrup Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	3 WG Belgian Waffle Sticks with Syrup Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	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.
6 Scrambled Eggs, Bacon and Tater Tots Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	7 Breakfast Pizza Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	8 Apple Pie Smoothie Bowl with Graham Crackers Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	9 French Toast Sticks with Syrup Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	10 Breakfast Banana Split Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Whole Grain Cereals <i>(served with graham crackers)</i> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios
13 	14 Breakfast Pizza Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	15 Egg & Cheese Croissant Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	16 WG Pancakes with Syrup Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	17 Strawberries & Cream Overnight Oats Cup with Graham Crackers Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
20 Scrambled Eggs, Sausage Links and Hash Browns Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	21 Breakfast Pizza Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	22 Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	23 French Toast Sticks with Syrup Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	24 Dutch Waffle Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Choice of Milk 1% white, fat-free white, fat-free chocolate
27 Scrambled Eggs, Bacon and Tater Tots Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	28 Breakfast Pizza Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	29 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	30 WG Pancakes with Syrup Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	31 WG Belgian Waffle Sticks with Syrup Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Daily Breakfast Offerings Assorted WG Cereal Bars Assorted WG Muffins WG Banana Bread WG Blueberry Bread Assorted Yogurt with a Bagel
					(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 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



October 2025

Monday		Tuesday		Wednesday		Thursday		Friday		What is a Meal?	
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 and Breads.										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.	
29 SCHOOL CLOSED		30 Beef Enchilada Black Bean Enchilada (V) FEATURED VEGGIES Curly Fries Black Bean Salsa		1 Indian Butter Chicken with Lemon Scented Rice & Warm Flatbread FEATURED VEGGIES Glazed Carrots Cucumber & Tomato Salad		2 Ham and Cheese on a Pretzel Bun Toasted Cheese on a Pretzel Bun (V) FEATURED VEGGIES Tomato Soup Celery Sticks		3 Popcorn Chicken Mashed Potato Bowl with Roll FEATURED VEGGIES Steamed Corn Broccoli Salad		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 Daily Entrée Options Hamburger/Cheeseburger on a Bun Chicken Patty on a Bun Chef Fresh Sandwiches and Salads Cheese or Pepperoni Pizza Specialty Pizza PB&J National School Lunch Week October 13-17 Traveling Chef Action Station Oct 3 at Bravo with Chef Derek Kolumber bravo! Daily Made to Order Deli Bar Bravo- Monday & Friday (Menu Posted Weekly) Made to order Salad Bar (Tuesdays and Thursdays) at Bravo Wednesdays- House Made Soups in a Bread bowl. (V) Vegetarian (VG) Vegan (WG) Whole Grain	
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 and Breads.											
6 Chicken Fajitas Spanish Rice Fresh Toppings Bar FEATURED VEGGIES Seasoned Black Beans Baby Carrots		7 Pepper Steak Bowl with Lo Mein Noodles FEATURED VEGGIES Sweet Chili Brussels Strawberry Spinach Salad		8 Chicken Tenders with Mashed Potatoes and Gravy Dinner Roll FEATURED VEGGIES Buttered Corn Sliced Cucumbers		9 Chicken or Birria Beef Cheesesteak with Pickled Red Onions FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Grape Tomatoes		10 Loaded Pierogies Customizable for (V) FEATURED VEGGIES Roasted Sweet Potato Chickpea 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 and Breads.											
13 SCHOOL CLOSED		14 Orange Chicken with Scallions over Fried Rice FEATURED VEGGIES Sesame Green Beans Strawberry Spinach Salad		15 Dip & Dust Wings with a Pretzel Stick FEATURED VEGGIES BBQ Baked Beans Steamed Mixed Veggies		16 Chili Cheese Corn Dog Elote Corn Dog FEATURED VEGGIES Sidewinder Fries Tomato Mozzarella Salad		17 Buffalo Chicken Dip with Tortilla Chips FEATURED VEGGIES Lemon-Parmesan Broccoli Baby Carrots			
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 and Breads.											
20 Hand-Rolled Meatballs with a Dinner Roll Rotini Marinara (V) FEATURED VEGGIES Steamed Mixed Veggies Tomato Mozzarella Salad		21 Beef or Chicken Nachos Grande with Yogurt Cumin Crème FEATURED VEGGIES Ranch Refried Bean Dip Fresh Pico de Gallo		22 Chicken Tenders w/ Seasoned Rice FEATURED VEGGIES Buttered Carrots Garden Side Salad		23 Build-Your-Own Breakfast Sandwich Customizable for (V) FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers		24 Cheesy Pizza Crunchers with Marinara (V) FEATURED VEGGIES Roasted Zucchini Caesar 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 and Breads.											
27 Chicken Nuggets with Buttered Noodles FEATURED VEGGIES Cheesy Carrot Casserole Broccoli Salad		28 Birria Pork Tacos with Pickled Onions, Birria Broth & Fresh Pico FEATURED VEGGIES Steamed Golden Corn Baby Carrots		29 Smoky Turkey Chili with Warm Cornbread 3 Bean Chili (V) FEATURED VEGGIES Curried Chickpea Salad Fresh Cauliflower		30 Chicken Alfredo served over Penne Pasta w/ Garlic Toast FEATURED VEGGIES Steamed Garden Peas Tomato Mozzarella Salad		31 Chicken Cheesesteak Buffalo Chicken Cheesesteak FEATURED VEGGIES Roasted BBQ Cauliflower Cilantro Lime Slaw			
Contact Cathy Muto, General Manager 610-782-1890 Mutoc@whitehallcoplay.org Derek Kolumber, Chef Manager 610-782-0961 kolumberd@whitehallcoplay.org Meal Prices Student Lunch \$0.00 Reduced Lunch \$0.00 											
											

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