Whitehall-Coplay School District
Zephyr Breakfast Menu

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1  	**2** Breakfast Pizza Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**3** Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**4** French Toast Sticks with Syrup Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**5** Dutch Waffle Assorted Cereals Pop-tarts Assorted Juice Fruit of choice
8 Scrambled Eggs, Bacon, Hash Brown Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**9** Breakfast Pizza Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**10** Egg, Sausage & Cheese Maple Flatbread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**11** Belgian Waffle Sticks with Syrup Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**12** Mini Cinni Rolls Assorted Cereals Pop-tarts Assorted Juice Fruit of choice
15 Scrambled Eggs, Sausage Links, Tots Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**16** Breakfast Pizza Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**17** Apple Pie Smoothie Bowl with Graham Crackers Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**18** French Toast Sticks with Syrup Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**19** Breakfast Banana Split Assorted Cereals Pop-tarts Assorted Juice Fruit of choice
22  	**23**  	**24**  	**25** 	**26** 
29  	**30**  	**31**  	**1**  	**2** 

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, Golden Grahams, Apple Cinnamon 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

Daily Breakfast Offerings

Assorted WG Cereal Bars

Assorted WG Muffins

WG Banana Bread

WG Blueberry Bread

WG Donuts

Assorted Yogurt with a Bagel

(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
610-782-1820
Mutoc@whitehallcoplay.org

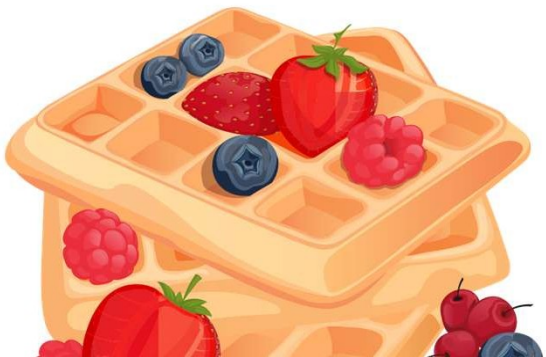
Derek Kolumber, Chef Manager
610-782-0961
kolumberd@whitehallcoplay.org

Meal Prices

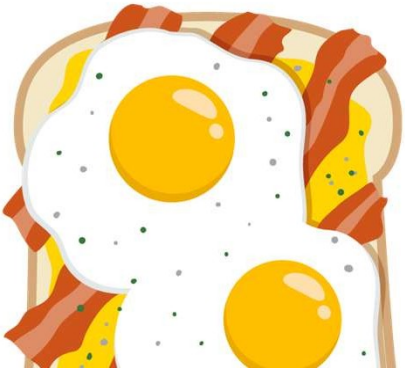
Student Breakfast	$0.00
Reduced Breakfast	$0.00

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

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







Whitehall-Coplay School District
Zephyr Lunch Menu

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Week of 12/1/2025- **Chef Fresh Alternative-** Chicken Cheddar Ranch Wrap, Southwest BBQ Chicken Salad, Italian Craveable				
1 	2 Beef or Chicken Nachos Grande **FEATURED VEGGIES** Seasoned Red Beans Fresh Pico de Gallo	3 Chicken Tenders w/ Seasoned Rice **FEATURED VEGGIES** Buttered Carrots Chickpea Salad	4 Build-Your-Own Breakfast Sandwich Customizable for (V) **FEATURED VEGGIES** Tri Hash Brown Fresh Cucumbers	5 Cheesy Pizza Crunchers with Marinara (V) **FEATURED VEGGIES** Seasoned Broccoli Caesar Salad
Week of 12/8/2025- **Chef Fresh Alternative-** Buffalo Chicken Wrap, Mac Burger Salad and Walking Taco Craveable				
8 Chicken Nuggets with Buttered Noodles **FEATURED VEGGIES** Seasoned Carrots Broccoli Salad	9 Chicken Fajitas Spanish Rice Seasoned Black Beans **FEATURED VEGGIES** Mexicali Corn Black Bean Salsa	10 Baked Potato Bar Baked Potato topped with Smokey Beef Chili or Taco Chicken, Fresh Toppings **FEATURED VEGGIES** BBQ Baked Beans Coleslaw	11 Penne Marinara with Homemade Meatballs Penne Marinara (V) Garlic Bread **FEATURED VEGGIES** Seasoned Broccoli Caesar Salad	12 Chicken Cheesesteak Buffalo Chicken Cheesesteak **FEATURED VEGGIES** Oven Fries Cucumber Slices
Week of 12/5/2025- **Chef Fresh Alternative-** Baja Chipotle Chicken Sandwich, Turkey BLT Salad, Breadstick Dipper Craveable				
15 Boneless Wing Bar Choice of Sauce **FEATURED VEGGIES** BBQ Baked Beans Macaroni Salad	16 BBQ Chicken Mashed Potatoes with Gravy Cornbread **FEATURED VEGGIES** Seasoned Carrots Potato Salad	17 Nashville Hot Chicken and Waffles **FEATURED VEGGIES** Sweet Potato Tots Coleslaw	18 Holiday Meal Popcorn Chicken, Mashed Potatoes and Gravy, Dinner Roll **FEATURED VEGGIES** Buttered Corn Holiday Cookie	19 Loaded Pierogis Customizable for (V) **FEATURED VEGGIES** Mixed Vegetables Caesar Salad
22 	23 	24 	25 	26 
29 	30 	31 	1 	2 

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.

Daily Entrée Options

Hamburger/Cheeseburger on a Bun

Burger of the Week

Chicken Patty on a Bun

Specialty Grill Item

Cheese or Pepperoni Pizza

Specialty Pizza

Chef Fresh Salads

Chef Fresh Wraps and Sandwiches

PB&J

(V) Vegetarian (WG) Whole Grain
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
610-782-1820
Mutoc@whitehallcoplay.org

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

Meal Prices

Student Lunch	$0.00
Reduced Lunch	$0.00

Metz Culinary Management Environmental Services

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

