Whitehall-Coplay School District
Zephyr Breakfast Menu

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
29 	**30** 	**31** 	**1** 	**2** 
5 Scrambled Eggs, Bacon and Hash Browns Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**6** Breakfast Pizza Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**7** French Toast Sticks with Syrup Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**8** WG Pancakes with Syrup Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**9** Bacon, Egg and Cheese on a Croissant Assorted Cereals Pop-tarts Assorted Juice Fruit of choice
12 Scrambled Eggs, Sausage Links and Hash Browns Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**13** Breakfast Pizza Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**14** Sausage, Egg and Cheese on a Bagel Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**15** French Toast Sticks with Syrup Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**16** Dutch Waffle Assorted Cereals Pop-tarts Assorted Juice Fruit of choice
19 	**20** Breakfast Pizza Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**21** Egg, Sausage & Cheese Maple Flatbread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**22** WG Pancakes with Syrup Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**23** WG Belgian Waffle Sticks with Syrup Assorted Cereals Pop-tarts Assorted Juice Fruit of choice
26 Scrambled Eggs, Sausage Links and Hash Browns Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**27** Breakfast Pizza Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**28** Bacon, Egg and Cheese on a Croissant Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**29** French Toast Sticks with Syrup Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	**30** Breakfast Banana Split 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.

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

Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

(WG) Whole Grain

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.





