Whitehall-Coplay School District
Zephyr Lunch Menu

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
29  	30  	31  	1  	2 
Week of 1/5/2026- **Chef Fresh Alternative-** Italian Sub, Crispy Chicken Salad and Nacho Craveable				
5 Cheeseburger Tater Tot Bowl Customizable for (V) **FEATURED VEGGIES** Buttered Corn Pasta Salad	6 Doritos Walking Taco with a Pretzel Stick **FEATURED VEGGIES** Seasoned Red Beans Tomato Corn Salad	7 Baked Potato Bar Baked Potato topped with Smokey Beef Chili or Taco Chicken, Fresh Toppings **FEATURED VEGGIES** BBQ Baked Beans Coleslaw	8 Chili Cheese Corn Dog Elote Corn Dog **FEATURED VEGGIES** Curly Fries Tomato Mozzarella Salad	9 Pizza Crunchers with Marinara Sauce **FEATURED VEGGIES** Seasoned Broccoli Cucumber Slices
Week of 1/12/2026- **Chef Fresh Alternative-** Chicken Cheddar Ranch Wrap, Southwest BBQ Chicken Salad and Italian Craveable				
12 Hand-Rolled Meatballs with a Dinner Roll Rotini Marinara (V) **FEATURED VEGGIES** Seasoned Broccoli Tomato Mozzarella Salad	13 Beef or Chicken Nachos Grande **FEATURED VEGGIES** Ranch Refried Beans Fresh Pico de Gallo	14 Chicken Tenders w/ Seasoned Rice **FEATURED VEGGIES** Buttered Carrots Garden Side Salad	15 Build-Your-Own Breakfast Sandwich Customizable for (V) **FEATURED VEGGIES** Tri Hash Brown Fresh Cucumbers	16 Cheese Filled Breadsticks with Tomato Soup **FEATURED VEGGIES** Seasoned Peas Caesar Salad
Week of 1/19/2026- **Chef Fresh Alternative-** Buffalo Chicken Wrap, Mac Burger Salad and Walking Taco Craveable				
19  	20 Taco Bar Beef or Chicken, Hard or Soft Shell Tortillas, Spanish Rice Fresh Toppings Bar **FEATURED VEGGIES** Seasoned Black Beans Corn Salad	21 Southwest Chicken Mash Bowl Cornbread Loaf **FEATURED VEGGIES** Ranch Mashed Potatoes Mexicali Corn	22 Chicken Alfredo served over Penne Pasta w/ Garlic Toast **FEATURED VEGGIES** Steamed Broccoli Tomato Mozzarella Salad	23 Chicken Cheesesteak Buffalo Chicken Cheesesteak **FEATURED VEGGIES** Seasoned Potato Wedges Macaroni Salad
Week of 1/26/2026- **Chef Fresh Alternative-** Baja Chipotle Chicken Sandwich, Turkey BLT Salad, Breadstick Dipper Craveable				
26 French Toast Sticks with Turkey Sausage Links **FEATURED VEGGIES** Hash Brown Celery Sticks	27 BBQ Chicken Mashed Potatoes with Gravy Cornbread **FEATURED VEGGIES** Buttered Corn Potato Salad	28 Nashville Hot Chicken and Waffles **FEATURED VEGGIES** Sweet Potato Tots Coleslaw	29 Homemade Macaroni and Cheese Bar Customizable for (V) **FEATURED VEGGIES** Stewed Tomatoes Caesar Salad	30 Loaded Pierogis Customizable for (V) **FEATURED VEGGIES** Mixed Vegetables 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.

Daily Alternates

Hamburger/Cheeseburger on a Bun

Burger of the Week

Chicken Patty on a Bun

Spicy Chicken Patty (Fridays)

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

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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.

