**Whitehall- Coplay School District**
Zephyr Lunch Menu

# February 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **Week of 11/10/2025-** **Chef Fresh Alternative-** Chicken Caesar Wrap, Buffalo Chicken Salad, Flatbread Pizza Craveable | | | | |
| **2**<br>French Toast Sticks with Turkey Sausage Links<br>**FEATURED VEGGIES**<br>Hash Brown<br>Celery Sticks | **3**<br>BBQ Chicken<br>Mashed Potatoes with Gravy<br>Cornbread<br>**FEATURED VEGGIES**<br>Buttered Corn<br>Potato Salad | **4**<br>Nashville Hot Chicken and Waffles<br>**FEATURED VEGGIES**<br>Sweet Potato Tots<br>Coleslaw | **5**<br>Ham and Cheese on a Pretzel Bun<br>Toasted Cheese on a Pretzel Bun (V)<br>**FEATURED VEGGIES**<br>Tomato Soup<br>Coleslaw | **6**<br>Big Game Menu<br>Menu to be posted<br>**FEATURED VEGGIES**<br>Curly Fries<br>Broccoli Salad |
| **Week of 11/17/2025-** **Chef Fresh Alternative-** Buffalo Chicken Wrap, Taco Salad, Superfruit Craveable | | | | |
| **9**<br>Chicken Tacos<br>Spanish Rice<br>Fresh Toppings Bar<br>**FEATURED VEGGIES**<br>Seasoned Black Beans<br>Corn Salad | **10**<br>Cheesesteak<br>Or<br>Chicken Cheesesteak<br>**FEATURED VEGGIES**<br>Tater Tots<br>Strawberry Spinach Salad | **11**<br>Chicken Nuggets<br>Dinner Roll<br>**FEATURED VEGGIES**<br>Seasoned Carrots<br>Sliced Cucumbers | **12**<br>Mozzarella Sticks with Marinara Sauce<br>**FEATURED VEGGIES**<br>Seasoned Potato Wedges<br>Caesar Salad | **13**<br> |
| **Week of 1/5/2026-** **Chef Fresh Alternative-** Italian Sub, Crispy Chicken Salad and Nacho Craveable | | | | |
| **16**<br> | **17**<br>Doritos Walking Taco with a Pretzel Stick<br>**FEATURED VEGGIES**<br>Seasoned Red Beans<br>Tomato Corn Salad | **18**<br>Baked Potato Bar<br>Baked Potato topped with Smokey Beef Chili or Taco Chicken, Fresh Toppings<br>**FEATURED VEGGIES**<br>BBQ Baked Beans<br>Coleslaw | **19**<br>Chili Cheese Corn Dog<br>Elote Corn Dog<br>**FEATURED VEGGIES**<br>Curly Fries<br>Tomato Mozzarella Salad | **20**<br>Pizza Crunchers with Marinara Sauce<br>**FEATURED VEGGIES**<br>Seasoned Broccoli<br>Cucumber Slices |
| **Week of 1/12/2026-** **Chef Fresh Alternative-** Chicken Cheddar Ranch Wrap, Southwest BBQ Chicken Salad and Italian Craveable | | | | |
| **23**<br>Hand-Rolled Meatballs with a Dinner Roll<br>Rotini Marinara (V)<br>**FEATURED VEGGIES**<br>Seasoned Broccoli<br>Tomato Mozzarella Salad | **24**<br>Beef or Chicken Nachos Grande<br>**FEATURED VEGGIES**<br>Ranch Refried Beans<br>Fresh Pico de Gallo | **25**<br>Chicken Tenders w/ Seasoned Rice<br>**FEATURED VEGGIES**<br>Buttered Carrots<br>Garden Side Salad | **26**<br>Build-Your-Own Breakfast Sandwich<br>Customizable for (V)<br>**FEATURED VEGGIES**<br>Tri Hash Brown<br>Fresh Cucumbers | **27**<br>Cheese Filled Breadsticks with Tomato Soup<br>**FEATURED VEGGIES**<br>Seasoned Peas<br>Caesar Salad |
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## 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

**(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**
610-782-1890
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.

