




**Meet Your Nutritious Friend:
Baby Black Bean**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 WG Chocolate Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	2 	3 
6 	7 Mini Confetti Pancakes Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	8 WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	9 WG Pancake Puffs with Syrup Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	10 WG Trix Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice
13 WG Chocolate Donut Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	14 WG Mini Chocolate Chip French Toast Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	15 WG Chocolate Chip Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	16 WG Froot Loop Waffle Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	17 WG Golden Grahams Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice
20 WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	21 WG Mini Maple Pancakes Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	22 WG Apple Cinnamon Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	23 WG Mini Chocolate Chip French Toast Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	24 WG Cinnamon Toast Crunch Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice
27 WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	28 WG Mini Confetti Pancakes Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	29 WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	30 WG Strawberry Pancake Puffs 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 1/2 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.

(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 Breakfast \$0.00
Reduced Breakfast \$0.00

