




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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 (WK 3) 1. French Toast Sticks with Turkey Sausage Links FEATURED VEGGIES Tater Tots Celery Sticks	2 	3 
6 	7 (WK 4) 1. Chicken Tenders with Soft Pretzel FEATURED VEGGIES Buttered Corn Coleslaw	8 1. Chicken Nachos Grande with Tortilla Chips FEATURED VEGGIES Refried Beans Lettuce & Tomato	9 1. Hamburger or Cheeseburger on a bun FEATURED VEGGIES Oven Fries Pasta Salad	10 1. Cheese Pizza (V) FEATURED VEGGIES Seasoned Broccoli Cherry Tomatoes
13 (WK 1) 1. Chicken Nuggets Dinner Roll FEATURED VEGGIES Oven Fries Chickpea Salad	14 1. Penne with Meat Sauce Penne Marinara (V) Garlic Bread FEATURED VEGGIES Seasoned Broccoli Celery Sticks	15 1. Doritos Walking Taco with Pretzel Stick FEATURED VEGGIES Mexicali Corn Tomato Salad	16 1. Chicken Patty on a Bun FEATURED VEGGIES Tater Tots Potato Salad	17 1. Pizza Crunchers with Marinara Sauce (V) FEATURED VEGGIES Mixed Vegetables Garden Salad
20 (WK 2) 1. Hot Dog on a Bun FEATURED VEGGIES Baked Beans Macaroni Salad	21 1. Mini Turkey Corn Dogs FEATURED VEGGIES Seasoned Peas Pasta Salad	22  1. Loaded Potatoes Potato Wedges with Cheese sauce and Turkey Taco Meat FEATURED VEGGIES Seasoned Potato Wedges Celery Sticks	23 1. Mac & Cheese (V) Dinner Roll FEATURED VEGGIES Steamed Tomatoes Seasoned Broccoli	24 1. Cheese Pizza (V) FEATURED VEGGIES Steamed Green Beans Caesar Salad
27 (WK 3) 1. Popcorn Chicken with Mashed Potatoes and a Dinner Roll FEATURED VEGGIES Buttered Corn Celery Sticks	28 1. Turkey Nachos Grande FEATURED VEGGIES Refried Beans Corn & Tomato Salad	29 1. Belgian Waffle Sticks with Turkey Sausage Patties FEATURED VEGGIES Hash Brown Potato Cherry Tomatoes	30 1. Chicken Patty on a Bun FEATURED VEGGIES Mixed Vegetables Romaine Salad	

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

2. PB&J w/ Yogurt or Sting Cheese and Goldfish Crackers
3. Chopped Garden Salad
4. Turkey and Cheese Salad
5. Weekly Sandwich/ Friday Craveable

Wk 1- Turkey Ham and Cheese/ Nacho Craveable

Wk 2- Turkey and Cheese/ Superfruit Craveable

Wk 3- Turkey Ham and Cheese/ Pizza Flatbread Craveable

Wk 4- Turkey and Cheese/ Italian Craveable.

(V) Vegetarian (WG) Whole Grain

Contact

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Meal Prices

Student Lunch \$0.00
Reduced Lunch \$0.00

