Whitehall-Coplay School District
Zephyr Lunch Menu

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Week of 4/27/2026- **Chef Fresh Alternative-** Chicken Caesar Wrap, Buffalo Chicken Salad, Flatbread Pizza Craveable				
				1 Cheese Filled Breadsticks with Tomato Soup **FEATURED VEGGIES** Seasoned Peas Macaroni Salad
Week of 5/4/2026- **Chef Fresh Alternative-** Buffalo Chicken Wrap, Taco Salad, Superfruit Craveable				
4 Cheeseburger Tot Bowl Tater Tots topped with Cheese Sauce and Seasoned Beef Fresh Toppings **FEATURED VEGGIES** Buttered Corn Potato Salad	**5** Taco Bar Beef or Chicken Hard or Soft Shell Fresh Toppings **FEATURED VEGGIES** Spanish Rice Seasoned Black Beans	**6** Chicken Nuggets Dinner Roll **FEATURED VEGGIES** Buttered Carrots Celery Sticks	**7** Chicken Penne Alfredo Penne Alfredo (V) Garlic Bread **FEATURED VEGGIES** Seasoned Broccoli Caesar Salad	**8** Mozzarella Sticks with Marinara Sauce **FEATURED VEGGIES** Seasoned Potato Wedges Cherry Tomatoes
Week of 5/11/2026- **Chef Fresh Alternative-** Italian Sub, Crispy Chicken Salad and Nacho Craveable				
11 Homestyle Bar Herb Roasted Chicken, Mashed Potatoes with Gravy, Macaroni and Cheese, Cornbread **FEATURED VEGGIES** Corn on the Cob Pasta Salad	**12** Doritos Walking Taco **FEATURED VEGGIES** Mexicali Corn Garden Salad	**13** Loaded Potatoes Seasoned Potato Wedges Topped with Cheese Sauce, Buffalo Chicken or Beef Steak Meat. **FEATURED VEGGIES** BBQ Baked Beans Coleslaw	**14** Chili Cheese Corn Dog Elote Corn Dog **FEATURED VEGGIES** Curly Fries Pasta Salad	**15** Pizza Cruncher with Marinara Sauce (V) **FEATURED VEGGIES** Lemon-Parmesan Broccoli Caesar Salad
Week of 5/18/2026- **Chef Fresh Alternative-** Chicken Cheddar Ranch Wrap, Southwest BBQ Chicken Salad and Italian Craveable				
18 Pasta Bar Hand-Rolled Meatballs Choice of Noodle Choice of Sauce Garlic Bread **FEATURED VEGGIES** Seasoned Broccoli Caesar Salad	**19** Popcorn Chicken Mash Bowl Dinner Roll **FEATURED VEGGIES** Mashed Potatoes Buttered Corn	**20** Chicken Tenders w/ Seasoned Rice **FEATURED VEGGIES** Buttered Carrots Garden Side Salad	**21** Build-Your-Own Breakfast Sandwich Customizable for (V) **FEATURED VEGGIES** Hash Brown Green Pepper Strips	**22** BBQ Day BBQ Chicken, Hot Dogs, Sausage Sandwich **FEATURED VEGGIES** BBQ Baked Beans Macaroni Salad
Week of 5/25/2026- **Chef Fresh Alternative-** Buffalo Chicken Wrap, Mac Burger Salad and Walking Taco Craveable				
25 HAPPY MEMORIAL DAY	**26** Nachos Grande Beef or Chicken Fresh Toppings **FEATURED VEGGIES** Refried Beans Corn and Black Bean Salad	**27** French Toast Sticks with Sausage Links **FEATURED VEGGIES** Tater Tots Green Pepper Strips	**28** Chicken Nuggets with Buttered Noodles **FEATURED VEGGIES** Mixed Vegetables Buttered Corn	**29** Chicken Cheesesteak Buffalo Chicken Cheesesteak **FEATURED VEGGIES** Seasoned Potato Wedges Broccoli 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

Hamburger/Cheeseburger on a Bun

Chicken Patty on a Bun

Specialty Grill Item

Chef Fresh Sandwiches and Salads

Cheese or Pepperoni Pizza

Specialty Pizza

PB&J **Craveables**

(WG) Whole Grain

(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

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.

