

WHITEHALL-COPLAY SCHOOL DISTRICT
ZEPHYR LUNCH MENU

September 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31

Popcorn Chicken & a Biscuit
Mashed Potatoes w/ Gravy

Seasoned Corn
Coleslaw

1

Chicken and Cheese Quesadilla

Seasoned Black Beans
Corn and Tomato Salad

2

Boneless Chicken Wings
with Garlic Knot
Choice of Hot, BBQ or Garlic
Parmesan

BBQ Baked Beans
Steamed Mixed Veggies

3

Breakfast for Lunch: Choice of
French Toast Sticks, or Pancakes
with Cheesy Scrambled Eggs &
Sausage Links

Hash Brown Potato
Celery Sticks

4



7



8

Taco Bar
Choice of Seasoned Chicken or
Beef, Hard or Soft Shells. Spanish
Rice

Fresh Toppings Bar
Refried Beans
Black Bean and Corn Salad

9

Texas Smokehouse
BBQ Chicken or Pulled Pork, Ranch
Taters, BBQ Baked Beans, Variety
of BBQ Sauces

Zesty Country Baked Beans
Apple Cider Slaw

10

WG Chicken Tenders with Buttered
Carrots and a Dinner Roll

Sidewinder Fries
Tomato Mozzarella Salad

11

Cheese Filled Breadsticks with
Tomato Soup (V)

Seasoned Broccoli
Caesar Salad

14

Breaded Chicken Drumstick with a
Biscuit
Mashed Potatoes w/ Gravy

Buttered Corn
Chickpea Salad

15

Doritos Walking Taco with a
Pretzel Stick

Seasoned Black Beans
Tomato & Corn Salad

16

Chicken Alfredo over Penne with a
Garlic Breadstick

Steamed Broccoli
Caesar Salad

17

Buffalo Chicken Macaroni and
Cheese
Dinner Roll

Seasoned Peas
Coleslaw

18

Chicken Nuggets with a Dinner Roll

Buttered Carrots
Pasta Salad

21

Chicken Caesar Waffle Fries with
Dinner Rolls

Seasoned Broccoli
Celery Sticks

22

Nachos Grande
Seasoned Chicken or Beef,
Cheese Sauce over Tortilla Chips
Fresh Toppings Bar

Refried Beans
Mexican Corn Salad

23

French Toast Sticks with Turkey
Sausage Links

Tater Tots
Garden Salad

24

WG Chicken Tenders with Buttered
Noodles

Seasoned Green Beans
Fresh Grape Tomatoes

25

Dumpling Day
Choice of Chicken, Pork or
Vegetable Dumplings.
Stir Fry Yakisoba Noodles

Asian Glazed Vegetables
Asian Slaw

28



29

Chicken Enchilada
Spanish Rice

Seasoned Black Beans
Tomato Salad

30

WG Waffle Sticks with Turkey
Sausage Patty

Hash Brown Potato
Cucumber Slices

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for
the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit,
Vegetable, Milk

A minimum ½ cup serving of fruit or
vegetable must accompany a lunch.

Lunch Prices

Student \$0.00
Adult \$5.25

Available Daily

Pizza: Cheese, Pepperoni, Specialty
Grill: Burgers, Chicken Patty, Daily Special
Poblanos: Made to Order Mex American Bar
Chef Fresh: Wraps, Sandwiches, Salads and
Craveables

Fruit & Veggie Selection

Assorted Fresh and Canned Fruit, Fresh
Vegetables, Composed Salads
Students may choose two ½ cup servings.

Milk Selection

Fat-Free, 1%, Fat-Free Chocolate.

Your Dining Services Team

Cathy Muto
General Manager
(610) 782-1820
mutoc@whitehallcoplay.org

Derek Kolumber
Chef Manager
(610) 782-1820
kolumberd@whitehallcoplay.org

(V) Vegetarian | (VG) Vegan | (WG) Whole
Grain | (GF) Gluten-Free | (H) Halal



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

