

WHITEHALL-COPLAY SCHOOL DISTRICT
ZEPHYR LUNCH MENU

October 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Chicken & Mashed Potato Bowl
with Roll

Buttered Corn
Coleslaw

2

Bacon Cheddar Loaded Pierogies
Chili Cheese Loaded Pierogies
Dinner Roll
Seasoned Wedge Fries
Red Pepper Strips

5

Chicken Nuggets with a Dinner Roll

Crinkle Fries
Buttered Carrots

6

Burrito Bowl

Choice of Taco Beef or Taco
Chicken over Seasoned Brown
Rice, Fresh Toppings.

Seasoned Black Beans
Corn Salad

7

WG Breaded Chicken Drumstick
with a Biscuit

Mashed Potatoes w/ Gravy
Seasoned Green Beans

8

Mac and Cheese Bar

Mac and Cheese topped with BBQ
Pulled Pork or Buffalo Chicken
Fresh Toppings

Steamed Garden Peas
Tomato Mozzarella Salad

9

Cheeseburger Tater Tot Bowl

Buttered Corn
Chickpea Salad

12



13

Chicken and Cheese Quesadilla

Seasoned Black Beans
Corn and Tomato Salad

14

Boneless Chicken Wings
with Garlic Knot

Choice of Hot, BBQ or Garlic
Parmesan

BBQ Baked Beans
Steamed Mixed Veggies

15

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

Hash Brown Potato
Celery Sticks

16

Buffalo Chicken Dip
with Tortilla Chips

The Double Dipper: Elote Dip &
Corn and Black Bean Salsa with
Tortilla Chips

Lemon-Parm Broccoli
Potato Salad

19

Meatballs
in Marinara with Pasta & Garlic
Knot

Seasoned Broccoli
Caesar Salad

20

Taco Bar

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

Fresh Toppings Bar
Refried Beans
Black Bean and Corn Salad

21

Texas Smokehouse

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

Zesty Country Baked Beans
Apple Cider Slaw

22

WG Chicken Tenders with Buttered
Carrots and a Dinner Roll

Apple Crisp

Sidewinder Fries
Tomato Mozzarella Salad

23

Cheese Filled Breadsticks with
Tomato Soup (V)

Buttered Carrots
Broccoli Salad

26

Breaded Chicken Drumstick with
a Biscuit

Mashed Potatoes w/ Gravy

Buttered Carrot
Chickpea Salad

27

Doritos Walking Taco with a
Pretzel Stick

Fresh Toppings Bar

Seasoned Black Beans
Tomato & Corn Salad

28

Chicken Alfredo over Penne with a
Garlic Breadstick

Roasted Zucchini with Garlic
Fresh Cauliflower

29

Buffalo Chicken Macaroni and
Cheese

Dinner Roll

Seasoned Peas
Coleslaw

30

Southwest Chicken Mashed Potato
Bowl

Mexicali Corn
Cilantro Lime Slaw

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
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
muto@whitehallcoplay.org

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

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



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

