WHITEHALL-COPLAY SCHOOL DISTRICT
ZEPHYR LUNCH MENU

December 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30  	1 Taco Bar Choice of Seasoned Chicken or Beef, Hard or Soft Shells. Spanish Rice Fresh Toppings Bar **Refried Beans** **Black Bean and Corn Salad**	2 **Texas Smokehouse** BBQ Chicken or Apple BBQ Pulled Pork, Ranch Taters, BBQ Baked Beans, Variety of BBQ Sauces **Zesty Country Green Beans** **Apple Cider Slaw**	3 WG Chicken Tenders with Buttered Carrots and a Dinner Roll **Sidewinder Fries** **Tomato Mozzarella Salad**	4 Cheese Filled Breadsticks with Tomato Soup (V) **Seasoned Peas** **Broccoli Salad**
7 Breaded Chicken Drumstick with a Biscuit Mashed Potatoes w/ Gravy **Buttered Carrot** **Chickpea Salad**	8 Doritos Walking Taco with a Pretzel Stick Fresh Toppings Bar **Seasoned Black Beans** **Tomato & Corn Salad**	9 Hot Ham & Cheese Pretzel Melt Nashville Hot Chicken Maple Flatbread **Sweet Potato Fries** **Baked Beans**	10 Buffalo Chicken Macaroni and Cheese Dinner Roll **Seasoned Peas** **Stewed tomatoes**	11 Southwest Chicken Mashed Potato Bowl Cornbread **Mexicali Corn** **Cilantro Lime Slaw**
14 Chicken & Mashed Potato Bowl with Roll **Mashed Potatoes** **Buttered Carrots**	15 Nachos Grande Seasoned Chicken or Beef, Cheese Sauce over Tortilla Chips Fresh Toppings Bar **Refried Beans** **Mexican Corn Salad**	16 French Toast Sticks with Turkey Sausage Links **Hash Brown Potato** **Broccoli Salad**	17 **Holiday Meal** Stuffed Shells with a Garlic Knot (V) **Seasoned Broccoli** **Holiday Sugar Cookie**	18 Pizza Pierogis (V) Chili Cheese Pierogies **Steamed Green Beans** **Cucumber Slices**
21  	22  	23  	24  	25 
28  	29  	30  	31  	

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
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Derek Kolumber
Chef Manager
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(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free | (WG) Whole Grian

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

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES