

Whitehall-Coplay High School



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

Meat or Meat Alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk

Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

Leave Your Lunch at Home

Daily entrée options may include:

Cheese Burger on a Bun

Chicken Patty on a Bun

Cheese or Pepperoni Pizza

Specialty Pizza

Daily Grab n Go Options

Salads

Vegetable Garden Salad with Dinner Roll

Crispy Buffalo Chicken Salad

with Dinner Roll

Crispy Chicken Salad

with Dinner Roll

Sandwiches

Crispy Buffalo Chicken Wrap

Chicken Bacon Ranch Wrap

Grilled Chicken Caesar Wrap

Un crustables

LUNCH PRICES:

Free- 0.00
Reduced - 0.00
Paid - 0.00
Adult- Ala Carte

Rose Levan
General Manager
610-782-0961


levanr@whitehallcoplay.org

Derek Kolumber
Chef Manager
610-782-0961

kolumberd@whitehallcoplay.org

Menu is subject to change
based of product availability

USDA is an equal opportunity provider and
and Employer

MONDAY GRILL 11/20/23	TUESDAY TACO 11/21/23	WEDNESDAY PASTA 11/22/23	THURSDAY BREAKFAST 11/23/23	FRIDAY INTERNATIONAL 11/24/23
Southwest Burger on a Kaiser or Buffalo Chicken Dip with Tortilla Chips FEATURED VEGGIES Buttered Carrots Cucumbers Slices Choice of Fruit Choice of Milk	Chicken Fajitas with Soft Shell Tortilla or Buffalo Chicken Tenders with Dinner Roll FEATURED VEGGIES Refried Beans Cucumbers Slices Choice of Fruit Choice of Milk	FALL BREAK NO SCHOOL 	FALL BREAK NO SCHOOL 	FALL BREAK NO SCHOOL 
11/27/23	11/28/23	11/29/23	11/30/23	12/1/23
FALL BREAK NO SCHOOL 	Burrito Bowl over Brown Rice or Chicken Tenders with Dinner Roll FEATURED VEGGIES Mexicali Corn Baby Carrots with Dip Choice of Fruit Choice of Milk	Baked Zit w/ Meat Sauce with Garlic Bread or Italian Grinder on Flatbread FEATURED VEGGIES Mixed Vegetables Cucumber Slices Choice of Fruit Choice of Milk	French Toast Sticks with Sausage Links or Sloppy Joe on Kaiser FEATURED VEGGIES Hash brown Celery Sticks Choice of Fruit Choice of Milk	Chicken Mash Potato Bowl with Dinner Roll or Hot & Spicy Chicken Patty on a Bun FEATURED VEGGIES Buttered Corn Caesar Salad Choice of Fruit Choice of Milk
12/4/23	12/5/23	12/6/23	12/7/23	12/8/23
Mac Burger on Kaiser or Chicken Tenders with Pretzel Stick FEATURED VEGGIES Seasoned Wedges Cucumber with Ranch Choice of Fruit Choice of Milk	Chicken Quesadilla or Mini Corn Dogs with Dinner Roll FEATURED VEGGIES Mixed Vegetables Pico De Gallo Choice of Fruit Choice of Milk	Buffalo Macaroni and Cheese with Dinner Roll or Pulled Pork BBQ on Kaiser Roll FEATURED VEGGIES Baked Beans Cole Slaw Choice of Fruit Choice of Milk	Sausage, Egg and Cheese on a Vanilla Waffle or Mozzarella Sticks with Marinara FEATURED VEGGIES Broccoli with Cheese Sauce Carrots with Ranch Choice of Fruit Choice of Milk	Loaded Tater Tot Bowl with Dinner Roll or Hot & Spicy Chicken Patty on a Bun FEATURED VEGGIES Corn Cherry Tomato and Corn Salad Choice of Fruit Choice of Milk
12/11/23	12/12/23	12/13/23	12/14/23	12/15/23
BBQ Chicken and Cheese on Flatbread or Cheese Filled Bread Stick with Marinara FEATURED VEGGIES Mixed Vegetables Cucumber Slices Choice of Fruit Choice of Milk	Beef Nacho or Mini Corn Dogs with Pretzel Roll FEATURED VEGGIES Sweet Potato Fries Carrots with Dip Choice of Fruit Choice of Milk	Chicken Alfredo With Garlic Stick or Chicken Nuggets with Dinner Roll FEATURED VEGGIES Broccoli Celery Sticks Choice of Fruit Choice of Milk	Dutch Waffle with Sausage Patty or Cheesesteak on Sub Roll FEATURED VEGGIES Corn Carrots with Dip Choice of Fruit Choice of Milk	Southwest Mash Bowl with Tortilla Chips or Hot & Spicy Chicken Patty on a Bun FEATURED VEGGIES Seasoned Peas Bruschetta Choice of Fruit Choice of Milk
12/18/23	12/19/23	12/20/23	12/21/23	12/22/23
Smokey Mountain Chicken Patty on Kaiser Roll or Chili Cheese Dog with Bun FEATURED VEGGIES Tri Taters Baby Carrots Choice of Fruit Choice of Milk	Walking Taco with pretzel Stick or Chicken Bacon Ranch on Flatbread FEATURED VEGGIES Mixed Vegetables Pico De Gallo Choice of Fruit Choice of Milk	Stuffed Shells with Garlic Bread or Chicken Nuggets with Pretzel Stick FEATURED VEGGIES Corn Cucumber Slices Choice of Fruit Choice of Milk	Breakfast Bowl With Biscuit or Sweet and Sour Chicken over Brown Rice FEATURED VEGGIES Broccoli with Cheese Sauce Baby Carrots Choice of Fruit Choice of Milk	WINTER BREAK NO SCHOOL 
12/25/23	12/26/23	12/27/23	12/28/23	12/29/23
WINTER BREAK NO SCHOOL 	WINTER BREAK NO SCHOOL 	WINTER BREAK NO SCHOOL 	WINTER BREAK NO SCHOOL 	WINTER BREAK NO SCHOOL 



Whitehall-Coplay Middle School



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

- Meat or Meat Alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk

Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

Leave Your Lunch at Home

Daily entrée options may include:

Cheese Burger on a Bun

Chicken Patty on a Bun

Cheese or Pepperoni Pizza

Specialty Pizza

Daily Grab n Go Options

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Vegetable Garden Salad with Dinner Roll

Crispy Buffalo Chicken Salad with Dinner Roll

Crispy Chicken Salad with Dinner Roll

Sandwiches

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EARLY DISMISSAL NO LUNCH 	EARLY DISMISSAL NO LUNCH 	FALL BREAK NO SCHOOL 	FALL BREAK NO SCHOOL 	FALL BREAK NO SCHOOL 
11/27/23	11/28/23	11/29/23	11/30/23	12/1/23
FALL BREAK NO SCHOOL 	Burrito Bowl over Brown Rice or Chicken Tenders with Dinner Roll FEATURED VEGGIES Broccoli Baby Carrots with Dip Choice of Fruit Choice of Milk	Baked Zit w/ Meat Sauce with Garlic Bread or Italian Grinder on Flatbread FEATURED VEGGIES Mixed Vegetables Cucumber Slices Choice of Fruit Choice of Milk	French Toast Sticks with Sausage Links or Sloppy Joe on Kaiser FEATURED VEGGIES Hash brown Celery Sticks Choice of Fruit Choice of Milk	Chicken Mash Potato Bowl with Dinner Roll or Hot & Spicy Chicken Patty on a Bun FEATURED VEGGIES Buttered Corn Caesar Salad Choice of Fruit Choice of Milk
12/4/23	12/5/23	12/6/23	12/7/23	12/8/23
Mac Burger on Kaiser or Chicken Tenders with Pretzel Stick FEATURED VEGGIES Baked Beans Cucumber with Ranch Choice of Fruit Choice of Milk	Chicken Parm Sandwich on Kaiser or Mini Corn Dogs with Dinner Roll FEATURED VEGGIES Sweet Potato Fries Mango Slaw Choice of Fruit Choice of Milk	Buffalo Macaroni and Cheese with Dinner Roll or Pulled Pork BBQ on Kaiser Roll FEATURED VEGGIES Seasoned Wedges Celery Stick with Ranch Choice of Fruit Choice of Milk	Sausage, Egg and Cheese on a Vanilla Waffle or Mozzarella Sticks with Marinara FEATURED VEGGIES Broccoli with Cheese Sauce Carrots with Ranch Choice of Fruit Choice of Milk	Loaded Tater Tot Bowl with Dinner Roll or Hot & Spicy Chicken Patty on a Bun FEATURED VEGGIES Corn Cherry Tomato and Corn Salad Choice of Fruit Choice of Milk
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Smokey Mountain Chicken Patty on Kaiser Roll or Chili Cheese Dog with Bun FEATURED VEGGIES Tri Taters Baby Carrots Choice of Fruit Choice of Milk	Walking Taco with pretzel Stick or Chicken Bacon Ranch on Flatbread FEATURED VEGGIES Mixed Vegetables Pico De Gallo Choice of Fruit Choice of Milk	Stuffed Shells with Garlic Bread or Chicken Nuggets with Pretzel Stick FEATURED VEGGIES Corn Cucumber Slices Choice of Fruit Choice of Milk	Breakfast Bowl With Biscuit or Sweet and Sour Chicken over Brown Rice FEATURED VEGGIES Broccoli with Cheese Sauce Baby Carrots Choice of Fruit Choice of Milk	WINTER BREAK NO SCHOOL 
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Zephyr Elementary



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