



# High School School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1/1/24	1/2/24	1/3/24	1/4/24	1/5/24
No School Winter Break	Chocolate Chip Mini French Toast or Blueberry Bread	Pancake Sausage on Stick with Syrup or Powdered Donut	Mini Pancakes with Syrup  or Apple Frudel	Mini Waffles with Syrup  or Chocolate Chip Banana Bar
	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
1/8/24	1/9/24	1/10/24	1/11/24	1/12/24
Mini Pancakes with Syrup  or Blueberry Muffin	Apple Frudel  or Banana Bread	Cinnamon Waffles  or Chocolate Donut	Mini French Toast with Syrup  or French Toast Bar	Mini Cinni Bagel  or Apple Cinnamon Muffin
Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
1/15/24	1/16/24	1/17/24	1/18/24	1/19/24
NO SCHOOL	Waffles with Syrup or Blueberry Muffin	Mini Cinni  or Apple Cinnamon Bar	Chocolate Croissant  or Banana Bread	French Toast Minis with Syrup or Yogurt Parfait with Granola
	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
1/22/24	1/23/24	1/24/24	1/25/24	1/26/24
Apple Frudel  or Blueberry Bread	Pancakes with Syrup or French Toast Bar	Chocolate Chip French Toast or Chocolate Donut	Mini Cinni  or Banana Muffin	Mini Waffles with Syrup or Apple Cinnamon Bar
Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
1/29/24	1/30/24	1/31/24	2/1/24	2/2/24
Apple Frudel  or Blueberry Bread	Pancakes  or Chocolate Banana Bar	Mini Waffles with Syrup or Powered Donut	Confetti Pancakes with Syrup or Chocolate Chip Muffin	Min Strawberry Bagel  or Oatmeal Chocolate Chip Bar
Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
2/5/24	2/6/24	2/7/24	2/8/24	2/9/24
Cinnamon Toast Bagel or Apple Muffin	Mini Pancakes with Syrup or Banana Bread	Apple Frudel or French Toast Bar	Pancake Sausage on a Stick or Blueberry Muffin	Mini French Toast with Syrup or Yogurt Parfait
Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
<b>Student Paid Breakfast \$0.00      Student Reduced Breakfast \$0.00      Adult Breakfast- Ala Carte</b>				

## What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein  
Choice of fruit or vegetable (must take at least a 1/2 cup) and

Choice of Milk  
Choice of Milk - 1% white, fat-free white and chocolate.

You must take at least 1/2 cup of fruit or vegetable

## Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch  
Trix  
Cocoa Puffs  
Cheerios  
Fruit Loops  
Lucky Charms  
Reese's Puffs  
Frosted Flakes  
Golden Grahams

## Daily Fruit Selection May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange, fruit punch, grape, orange pineapple, fresh fruit selection including apples, bananas and oranges, pears, other seasonal fruit as available.

## Daily Offerings

Assorted Pop Tarts  
&  
Assorted Cereals

General Manager  
Rose Levan  
610-782-0961

[levanr@whitehallcoplay.org](mailto:levanr@whitehallcoplay.org)

Chef Manager  
Derek Kolumber  
610-782-0961

[Kolumberd@whitehallcoplay.org](mailto:Kolumberd@whitehallcoplay.org)

Menu is subject to change based on product availability

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# Zephyr Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1/1/24	1/2/24	1/3/24	1/4/24	1/5/24
No School <b>Winter Break</b>	Chocolate Chip Mini French Toast or Blueberry Bread	Pancake Sausage on Stick with Syrup or Powdered Donut	Mini Pancakes with Syrup  or Apple Frudel	Mini Waffles with Syrup  or Chocolate Chip Banana Bar
	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
1/8/24	1/9/24	1/10/24	1/11/24	1/12/24
Mini Pancakes with Syrup  or Blueberry Muffin	Apple Frudel  or Banana Bread	Cinnamon Waffles  or Chocolate Donut	Mini French Toast with Syrup or French Toast Bar	Mini Cinni Bagel  or Apple Cinnamon Muffin
Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
1/15/24	1/16/24	1/17/24	1/18/24	1/19/24
NO SCHOOL	Waffles with Syrup or Blueberry Muffin	Mini Cinni  or Apple Cinnamon Bar	Chocolate Croissant  or Banana Bread	French Toast Minis with Syrup or Yogurt Parfait with Granola
	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
1/22/24	1/23/24	1/24/24	1/25/24	1/26/24
Apple Frudel  or Blueberry Bread	Pancakes with Syrup or French Toast Bar	Chocolate Chip French Toast or Chocolate Donut	Mini Cinni  or Banana Muffin	Mini Waffles with Syrup or Apple Cinnamon Bar
Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
1/29/24	1/30/24	1/31/24	2/1/24	2/2/24
Apple Frudel  or Blueberry Bread	Pancakes  or Chocolate Banana Bar	Mini Waffles with Syrup or Powered Donut	Confetti Pancakes with Syrup or Chocolate Chip Muffin	Mini Strawberry Bagel  or Oatmeal Chocolate Chip Bar
Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
2/5/24	2/6/24	2/7/24	2/8/24	2/9/24
Cinnamon Toast Bagel or Apple Muffin	Mini Pancakes with Syrup or Banana Bread	Apple Frudel or French Toast Bar	Pancake Sausage on a Stick or Blueberry Muffin	Mini French Toast with Syrup or Yogurt Parfait
Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
<b>Student Paid Breakfast \$0.00      Student Reduced Breakfast \$0.00      Adult Breakfast- Ala Carte</b>				

## What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein  
Choice of fruit or vegetable (must take at least a 1/2 cup) and

Choice of Milk  
Choice of Milk - 1% white, fat-free white and chocolate.

You must take at least 1/2 cup of fruit or vegetable

## Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch  
Trix  
Cocoa Puffs  
Cheerios  
Fruit Loops  
Lucky Charms  
Reese's Puffs  
Frosted Flakes  
Golden Grahams

## Daily Fruit Selection May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange, fruit punch, grape, orange pineapple, fresh fruit selection including apples, bananas and oranges, pears, other seasonal fruit as available.

## Daily Offerings

Assorted Pop Tarts  
&  
Assorted Cereals

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# Midde School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1/1/24	1/2/24	1/3/24	1/4/24	1/5/24
No School Winter Break	Chocolate Chip Mini French Toast or Blueberry Bread	Pancake Sausage on Stick with Syryp or Powdered Donut	Mini Pancakes with Syrup  or Apple Frudel	Mini Waffles with Syrup  or Chocolate Chip Banana Bar
	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
1/8/24	1/9/24	1/10/24	1/11/24	1/12/24
Mini Pancakes with Syrup  or Blueberry Muffin	Apple Frudel  or Banana Bread	Cinnamon Waffles  or Chocolate Donut	Mini French Toast with Syrup or French Toast Bar	Mini Cinni Bagel  or Apple Cinnamon Muffin
Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
1/15/24	1/16/24	1/17/24	1/18/24	1/19/24
NO SCHOOL	Waffles with Syrup or Blueberry Muffin	Mini Cinni  or Apple Cinnamon Bar	Chocolate Croissant  or Banana Bread	French Toast Minis with Syrup or Yogurt Parfait with Granola
	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
1/22/24	1/23/24	1/24/24	1/25/24	1/26/24
Apple Frudel  or Blueberry Bread	Pancakes with Syrup or French Toast Bar	Chocolate Chip French Toast or Chocolate Donut	Mini Cinni  or Banana Muffin	Mini Waffles with Syrup or Apple Cinnamon Bar
Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
1/29/24	1/30/24	1/31/24	2/1/24	2/2/24
Apple Frudel  or Blueberry Bread	Pancakes  or Chocolate Banana Bar	Mini Waffles with Syrup or Powered Donut	Confetti Pancakes with Syrup or Chocolate Chip Muffin	Mini Strawberry Bagel  or Oatmeal Chocolate Chip Bar
Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
2/5/24	2/6/24	2/7/24	2/8/24	2/9/24
Cinnamon Toast Bagel or Apple Muffin	Mini Pancakes with Syrup or Banana Bread	Apple Frudel or French Toast Bar	Pancake Sauge on a Stick or Blueberry Muffin	Mini French Toast with Syrup or Yogurt Parfait
Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit Choice of Milk
<div> <div>Student Paid Breakfast \$0.00</div> <div>Student Reduced Breakfast \$0.00</div> <div>Adult Breakfast- Ala Carte</div> </div>				

## What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein  
Choice of fruit or vegetable  
(must take at least a 1/2 cup)  
and

Choice of Milk  
Choice of Milk - 1% white, fat-free white and chocolate.

You must take at least 1/2 cup of fruit or vegetable

## Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch  
Trix  
Cocoa Puffs  
Cheerios  
Fruit Loops  
Lucky Charms  
Reese's Puffs  
Frosted Flakes  
Golden Grahams

## Daily Fruit Selection May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange, fruit punch, grape, orange pineapple, fresh fruit selection including apples, bananas and oranges, pears, other seasonal fruit as available.

## Daily Offerings

Assorted Pop Tarts  
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