

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
Uncrustables

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 Employer

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/1/24	1/2/24	1/3/24	1/4/24	1/5/24
NO SCHOOL WINTER BREAK 	Beef Taco on Soft Shell Tortilla or Chicken BBQ Sandwich on Bun FEATURED VEGGIES Buttered Carrots Celery Sticks Choice of Fruit Choice of Milk	Mozzarella Sticks with Marinara or Buffalo Chicken Cheese Steak on roll FEATURED VEGGIES Mixed Vegetables Cucumber Slices Choice of Fruit Choice of Milk	Chicken Tenders with Dinner Roll or Cheesy Bread with Tomato Soup FEATURED VEGGIES Buttered Corn Carrots with Ranch Choice of Fruit Choice of Milk	Hot and Spicy Chicken Patty on Bun or General Tso's Chicken over Brown Rice FEATURED VEGGIES Steamed Broccoli Sweet Pepper Strips Choice of Fruit Choice of Milk
1/8/24	1/9/24	1/10/24	1/11/24	1/12/24
Chicken Quesadilla or Southwest Burger on a Bun FEATURED VEGGIES Buttered Carrots Pico De Gallo Choice of Fruit Choice of Milk	Chicken Nachos over Tortilla Chios or Korean Inspired Sloppy Joe on Bun FEATURED VEGGIES Tri Taters Black Bean and Corn Salsa Choice of Fruit Choice of Milk	Baked Ziti 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 Chili Cheese Dog on a Roll FEATURED VEGGIES Seasoned Peas Baby Carrots Choice of Fruit Choice of Milk	Hot and Spicy Chicken Pattv on Bun or Chicken Shawarma over Lemon Scented Rice FEATURED VEGGIES Seasoned Corn Mediterranean Tabouli Choice of Fruit Choice of Milk
1/15/24	1/16/24	1/17/24	1/18/24	1/19/24
NO SCHOOL 	Dutch Waffle with Sausage Links or Chicken Tenders with Pretzel Stick FEATURED VEGGIES Buttered Corn Carrots with Ranch Choice of Fruit Choice of Milk	Cheese Steak Bar on a Roll or Buffalo Chicken Dip with Tortilla Chips FEATURED VEGGIES Seasoned Potato Wedges Celery Stick with Ranch Choice of Fruit Choice of Milk	Macaroni and Cheese with Dinner Roll or Breaded Chicken Parmesan with Garlic Bread FEATURED VEGGIES Steamed Broccoli Bruschetta Choice of Fruit Choice of Milk	Hot & Spicy Chicken Patty on a Bun or Smothered Pierogies with Butter and Onions FEATURED VEGGIES Mixed Vegetables Cauliflower Salad Choice of Fruit Choice of Milk
1/21/24	1/22/24	1/23/24	1/24/24	1/25/24
Spaghetti with Meatballs w/ Garlic Bread or BBQ Chicken and Cheese on Flatbread FEATURED VEGGIES Mixed Vegetables Cucumber Salad Choice of Fruit Choice of Milk	Walking Tacos with Doritos or Chicken Avocado Melt Sandwich FEATURED VEGGIES Baked Fries Carrots with Dip Choice of Fruit Choice of Milk	Chicken Pot Pie with Dinner Roll or Smokey Mountain Chicken Patty on Kaiser Roll FEATURED VEGGIES Corn Celery Sticks Choice of Fruit Choice of Milk	Pesto Alfredo with Garlic Bread or Mini Corn Dogs with Pretzel Stick FEATURED VEGGIES Broccoli Bruschetta Choice of Fruit Choice of Milk	Hot & Spicy Chicken Patty on a Bun or Southwest Bowl over Brown Rice FEATURED VEGGIES Mexicali Corn Carrots with Dip Choice of Fruit Choice of Milk
1/28/24	1/29/24	1/30/24	1/31/24	2/1/24
Mac and Cheese Bar with Garlic Knot or Meatball Parm Sub on Roll FEATURED VEGGIES Broccolini with Lemon and Parm Tomato and Mozzarella Salad Choice of Fruit Choice of Milk	Cheese Filled Bread Stick with Marinara or Chicken Bacon Ranch on Flatbread FEATURED VEGGIES Mixed Vegetables Pico De Gallo Choice of Fruit Choice of Milk	Pulled Pork BBQ on Bun or Chicken Nuggets with Pretzel Stick FEATURED VEGGIES Baked Beans Cole Slaw Choice of Fruit Choice of Milk	Mini Corn Dogs with Pretzel Roll or Sweet and Sour Chicken over Brown Rice FEATURED VEGGIES Broccoli Baby Carrots Choice of Fruit Choice of Milk	Hot & Spicy Chicken Patty on a Bun or Loaded Tater Tot Bowl with Dinner Roll FEATURED VEGGIES Buttered Corn Cucumber Slices Choice of Fruit Choice of Milk
2/4/24	2/5/24	2/6/24	2/7/24	2/8/24
French Toast Sticks with Sausage Links or Chicken Nuggets with Pretzel Stick FEATURED VEGGIES Seasoned Corn Sweet Pepper Sticks Choice of Fruit Choice of Milk	Nacho Grande Over Tortilla Chips or Italian Super Sub on Italian Bread FEATURED VEGGIES Steamed Broccoli Black Bean and Corn Salsa Choice of Fruit Choice of Milk	Boneless Wing Bar Choice of Sauces served with Pretzel Stick FEATURED VEGGIES Curry Fries Celery and Carrot Sticks Choice of Fruit Choice of Milk	Stuffed Shells with Garlic Bread or BBQ Sriracha Chicken on Kaiser FEATURED VEGGIES Buttered Carrots Tomato and Mozzarella Salad Choice of Fruit Choice of Milk	Hot & Spicy Chicken Patty on a Bun or Kung Pao Chicken Bowl with Lemon Scented Brown Rice FEATURED VEGGIES Asian Vegetable Medley Cucumber Salad Choice of Fruit Choice of Milk

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

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
Uncrustables

LUNCH PRICES:

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

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Menu is subject to change
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/1/24	1/2/24	1/2/24	1/3/24	1/4/23
NO SCHOOL WINTER BREAK 	Beef Taco on Soft Shell Tortilla or Chicken BBQ Sandwich on Bun FEATURED VEGGIES Buttered Carrots Celery Sticks Choice of Fruit Choice of Milk	Mozzarella Sticks with Marinara or Buffalo Chicken Cheese Steak on roll FEATURED VEGGIES Mixed Vegetables Cucumber Slices Choice of Fruit Choice of Milk	Chicken Tenders with Dinner Roll or Cheesy Bread with Tomato Soup FEATURED VEGGIES Buttered Corn Carrots with Ranch Choice of Fruit Choice of Milk	Hot and Spicy Chicken Patty on Bun or General Tso's Chicken over Brown Rice FEATURED VEGGIES Steamed Broccoli Sweet Pepper Strips Choice of Fruit Choice of Milk
1/8/24	1/9/24	1/10/24	1/11/24	1/12/24
Chicken Quesadilla or Southwest Burger on a Bun FEATURED VEGGIES Buttered Carrots Pico De Gallo Choice of Fruit Choice of Milk	Chicken Nachos over Tortilla Chios or Korean Inspired Sloppy Joe on Bun FEATURED VEGGIES Tri Taters Black Bean and Corn Salsa Choice of Fruit Choice of Milk	Baked Ziti 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 Chili Cheese Dog on a Roll FEATURED VEGGIES Seasoned Peas Baby Carrots Choice of Fruit Choice of Milk	Hot and Spicy Chicken Pattv on Bun or Chicken Mash Potato Bowl FEATURED VEGGIES Seasoned Corn Caesar Salad Choice of Fruit Choice of Milk
1/15/24	1/16/24	1/17/24	1/18/24	1/19/24
NO SCHOOL 	Dutch Waffle with Sausage Links or Chicken Tenders with Pretzel Stick FEATURED VEGGIES Buttered Corn Carrots with Ranch Choice of Fruit Choice of Milk	Cheese Steak Bar on a Roll or Buffalo Chicken Dip with Tortilla Chips FEATURED VEGGIES Seasoned Potato Wedges Celery Stick with Ranch Choice of Fruit Choice of Milk	Macaroni and Cheese with Dinner Roll or Breaded Chicken Parmesan with Garlic Bread FEATURED VEGGIES Steamed Broccoli Bruschetta Choice of Fruit Choice of Milk	Hot & Spicy Chicken Patty on a Bun or Smothered Pierogies with Butter and Onions FEATURED VEGGIES Mixed Vegetables Cauliflower Salad Choice of Fruit Choice of Milk
1/22/24	1/23/24	1/24/24	1/25/24	1/26/24
Spaghetti with Meatballs w/ Garlic Bread or BBQ Chicken and Cheese on Flatbread FEATURED VEGGIES Mixed Vegetables Cucumber Salad Choice of Fruit Choice of Milk	Walking Tacos with Doritos or Chicken Nuggets with Pretzel Stick FEATURED VEGGIES Baked Fries Carrots with Dip Choice of Fruit Choice of Milk	Chicken Pot Pie with Dinner Roll or Smokey Mountain Chicken Patty on Kaiser Roll FEATURED VEGGIES Corn Celery Sticks Choice of Fruit Choice of Milk	Pesto Alfredo with Garlic Bread or Mini Corn Dogs with Pretzel Stick FEATURED VEGGIES Broccoli Bruschetta Choice of Fruit Choice of Milk	Hot & Spicy Chicken Patty on a Bun or Southwest Bowl Over Brown Rice FEATURED VEGGIES Mexicali Corn Carrots with Dip Choice of Fruit Choice of Milk
1/29/24	1/30/24	1/31/24	2/1/24	2/2/24
Buffalo Macaroni and Cheese with Garlic Knot or Meatball Parm Sub on Roll FEATURED VEGGIES Buttered Carrots Tomato and Mozzarella Salad Choice of Fruit Choice of Milk	Cheese Filled Bread Stick with Marinara or Chicken Bacon Ranch on Flatbread FEATURED VEGGIES Mixed Vegetables Pico De Gallo Choice of Fruit Choice of Milk	Pulled Pork BBQ on Bun or Chicken Nuggets with Pretzel Stick FEATURED VEGGIES Baked Beans Cole Slaw Choice of Fruit Choice of Milk	Mini Corn Dogs with Pretzel Roll or Sweet and Sour Chicken over Brown Rice FEATURED VEGGIES Broccoli Baby Carrots Choice of Fruit Choice of Milk	Hot & Spicy Chicken Patty on a Bun or Loaded Tater Tot Bowl with Dinner Roll FEATURED VEGGIES Buttered Corn Cucumber Slices Choice of Fruit Choice of Milk
2/5/24	2/6/24	2/7/24	2/8/24	2/9/24
French Toast Sticks with Sausage Links or Chicken Nuggets with Pretzel Stick FEATURED VEGGIES Seasoned Corn Sweet Pepper Strips Choice of Fruit Choice of Milk	Nacho Grande Over Tortilla Chips or Italian Super Sub on Italian Bread FEATURED VEGGIES Steamed Broccoli Black Bean and Corn Salsa Choice of Fruit Choice of Milk	Boneless Wing Bar Choice of Sauces served with Pretzel Stick FEATURED VEGGIES Curry Fries Celery and Carrot Sticks Choice of Fruit Choice of Milk	Stuffed Shells with Garlic Bread or BBQ Sriracha Chicken on Kaiser FEATURED VEGGIES Buttered Carrots Tomato and Mozzarella Salad Choice of Fruit Choice of Milk	Hot & Spicy Chicken Patty on a Bun or Asian Sesame Chicken over Brown Rice FEATURED VEGGIES Asian Vegetable Medley Cucumber Salad Choice of Fruit Choice of Milk

Zephyr Elementary



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:

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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
Uncrustables

LUNCH PRICES:

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/1/24	1/2/24	1/3/24	1/4/24	1/5/24
NO SCHOOL WINTER BREAK 	Beef Taco on Soft Shell Tortilla or Chicken BBQ Sandwich on Bun FEATURED VEGGIES Buttered Carrots Celery Sticks Choice of Fruit Choice of Milk	Mozzarella Sticks with Marinara or Buffalo Chicken Cheese Steak on roll FEATURED VEGGIES Mixed Vegetables Cucumber Slices Choice of Fruit Choice of Milk	Chicken Tenders with Dinner Roll or Cheesy Bread with Tomato Soup FEATURED VEGGIES Buttered Corn Carrots with Ranch Choice of Fruit Choice of Milk	Hot and Spicy Chicken Patty on Bun or General Tso's Chicken over Brown Rice FEATURED VEGGIES Steamed Broccoli Sweet Pepper Strips Choice of Fruit Choice of Milk
1/8/24	1/9/24	1/10/24	1/11/24	1/12/24
Chicken Quesadilla or Southwest Burger on a Bun FEATURED VEGGIES Buttered Carrots Pico De Gallo Choice of Fruit Choice of Milk	Chicken Nachos over Tortilla Chips or Korean Inspired Sloppy Joe on Bun FEATURED VEGGIES Tri Taters Black Bean and Corn Salsa Choice of Fruit Choice of Milk	Baked Ziti 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 Chili Cheese Dog on a Roll FEATURED VEGGIES Seasoned Peas Baby Carrots Choice of Fruit Choice of Milk	Hot and Spicy Chicken Patty on Bun or Chicken Shawarma Chicken Mash Potato Bowl Seasoned Corn Mediterranean Tabouli Caesar Salad Choice of Milk
1/15/24	1/16/24	1/17/24	1/18/24	1/19/24
NO SCHOOL 	Dutch Waffle with Sausage Links or Chicken Tenders with Pretzel Stick FEATURED VEGGIES Buttered Corn Carrots with Ranch Choice of Fruit Choice of Milk	Cheese Steak Bar on a Roll or Buffalo Chicken Dip with Tortilla Chips FEATURED VEGGIES Seasoned Potato Wedges Celery Stick with Ranch Choice of Fruit Choice of Milk	Macaroni and Cheese with Dinner Roll or Breaded Chicken Parmesan with Garlic Bread FEATURED VEGGIES Steamed Broccoli Bruschetta Choice of Fruit Choice of Milk	Hot & Spicy Chicken Patty on a Bun or Smothered Pierogies with Butter and Onions FEATURED VEGGIES Mixed Vegetables Cauliflower Salad Choice of Fruit Choice of Milk
1/22/24	1/23/24	1/24/24	1/25/24	1/26/24
Spaghetti with Meatballs w/ Garlic Bread or BBQ Chicken and Cheese on Flatbread FEATURED VEGGIES Mixed Vegetables Cucumber Salad Choice of Fruit Choice of Milk	Walking Tacos with Doritos or Chicken Nuggets with Pretzel Stick FEATURED VEGGIES Baked Fries Carrots with Dip Choice of Fruit Choice of Milk	Chicken Pot Pie with Dinner Roll or Smokey Mountain Chicken Patty on Kaiser Roll FEATURED VEGGIES Corn Celery Sticks Choice of Fruit Choice of Milk	Pesto Alfredo with Garlic Bread or Mini Corn Dogs with Pretzel Stick FEATURED VEGGIES Broccoli Bruschetta Choice of Fruit Choice of Milk	Hot & Spicy Chicken Patty on a Bun or Southwest Bowl Over Brown Rice FEATURED VEGGIES Mexican Corn Carrots with Dip Choice of Fruit Choice of Milk
1/29/24	1/30/24	2/1/24	2/2/24	2/3/24
Buffalo Macaroni and Cheese with Garlic Knot or Meatball Parm Sub on Roll FEATURED VEGGIES Buttered Carrots Tomato and Mozzarella Salad Choice of Fruit Choice of Milk	Cheese Filled Bread Stick with Marinara or Chicken Bacon Ranch on Flatbread FEATURED VEGGIES Mixed Vegetables Pico De Gallo Choice of Fruit Choice of Milk	Pulled Pork BBQ on Bun or Chicken Nuggets with Pretzel Stick FEATURED VEGGIES Baked Beans Cole Slaw Choice of Fruit Choice of Milk	Mini Corn Dogs with Pretzel Roll or Sweet and Sour Chicken over Brown Rice FEATURED VEGGIES Broccoli Baby Carrots Choice of Fruit Choice of Milk	Hot & Spicy Chicken Patty on a Bun or Loaded Tater Tot Bowl with Dinner Roll FEATURED VEGGIES Buttered Corn Cucumber Slices Choice of Fruit Choice of Milk
2/6/24	2/7/24	2/8/24	2/9/24	2/10/24
French Toast Sticks with Sausage Links or Chicken Nuggets with Pretzel Stick FEATURED VEGGIES Seasoned Corn Sweet Pepper Strips Choice of Fruit Choice of Milk	Nacho Grande Over Tortilla Chips or Italian Super Sub on Italian Bread FEATURED VEGGIES Steamed Broccoli Black Bean and Corn Salsa Choice of Fruit Choice of Milk	Boneless Wing Bar Choice of Sauces served with Pretzel Stick FEATURED VEGGIES Curry Fries Celery and Carrot Sticks Choice of Fruit Choice of Milk	Stuffed Shells with Garlic Bread or BBQ Sriracha Chicken on Kaiser FEATURED VEGGIES Buttered Carrots Tomato and Mozzarella Salad Choice of Fruit Choice of Milk	Hot & Spicy Chicken Patty on a Bun or Asian Sesame Chicken over Brown Rice FEATURED VEGGIES Asian Vegetable Medley Cucumber Salad Choice of Fruit Choice of Milk