

# Whitehall City Schools HIGH SCHOOL



## 2013-2014 Breakfast & Lunch Menus



Breakfast & Lunch  
reimbursable meals are now  
free for all students



.40 extra milk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Cereal • Strawberry Glazed French Toast Sticks Juice • Milk	Cereal • Yogurt Parfait Juice • Milk	Cereal • Pop-Tart Juice • Milk	Cereal Breakfast Turkey Pizza • Juice • Milk	Cereal Bagel/cream cheese Juice • Milk
<b>Menu Week 1</b>					
<b>LUNCH</b>	Popcorn Chicken • Mashed Potato Bowl w/corn • Gravy w/ crackers • Peaches • Milk	Cheeseburger Baked Beans • Apple Juice Milk	WG Pepperoni Pizza Romaine Salad • Fresh Fruit • Cookie • Milk	Chicken Rings • Seasoned Sweet Potato Fries Orange Slices • Milk	Bosco Breadstix • Marinara Sauce • Celery sticks/ranch • Banana • milk
<b>BREAKFAST</b>	Cereal Cheese Omelet • WG Muffin Juice • Milk	Cereal Fruit Rainbow Parfait Orange Juice • Milk	Cereal • Pop-Tart Juice • Milk	Cereal WG French Toast Juice • Milk	Cereal Bagel/cream cheese Juice • Milk
<b>Menu Week 2</b>					
<b>LUNCH</b>	Oriental Chicken Salad/yellow pepper/ranch • Simply Chex Tropical Fruit • Milk	Hot Dog/coney sauce Baked Beans Applesauce • Milk	WG Cheese Pizza Romaine Salad • Fresh Fruit • Cookie • Milk	Seasoned Sweet Potato Fries • Cucumbers/Ranch Mandarin Oranges • Milk	Hot & Spicy Chicken Tenders Carrot Sticks/ranch Corn Chips • Grapes • Milk
<b>BREAKFAST</b>	Cereal Scrambled Eggs • Muffin Juice • Milk	Cereal Blueberry Parfait Juice • Milk	Cereal • Pop-Tart Juice • Milk	Cereal Sausage/Egg/Cheese Slider • Juice • Milk	Cereal Bagel w/Cream Cheese Juice • Milk
<b>Menu Week 3</b>					
<b>LUNCH</b>	Taco Salad • Refried Beans Hot & Spicy Simply Chex Pineapple Tidbits • Milk	Chicken Sandwich Steamed Carrots Fruit Punch • Milk	WG Pepperoni Pizza Romaine Salad • Fresh Fruit • Cookie • Milk	Beef Marzetti • Steamed Green Beans • Breadsticks Applesauce • Milk	Buffalo Chicken w/chips Celery sticks/ranch Orange slices • Milk
<b>BREAKFAST</b>	Cereal Choc Chip French Toast Juice • Milk	Cereal • Parfait Juice • Milk	Cereal • Pop-Tart Juice • Milk	Cereal Frudel Juice • Milk	Cereal Bagel stix/cream Cheese • Juice • Milk
<b>Menu Week 4</b>					
<b>LUNCH</b>	Chicken Wrap • Succotash Carrots/ranch Grape Juice • Milk	BBQ Shredded Chicken Sand. Seasoned Sweet Potato Fries • Peaches • Milk	WG Cheese Pizza Romaine Salad • Fresh Fruit • Cookie • Milk	Italian Sub • Banana & Green Peppers • Ranch & Italian Dressing • Pears • Milk	Chicken Quesadilla Refried Beans Fresh Fruit • Milk

Menu subject to change

All Breads  
Whole Grain Rich

Milk  
1% white milk  
Fat-free chocolate milk

Other Entree Options  
PB & J Jamwich  
Assorted Salads  
Assorted Hot Sandwiches  
Yogurt Parfaits

Lunch Offer vs. Serve,  
must have 2 full  
components at lunch in  
addition to minimum  
1/2 cup of fruit or  
vegetable

September 2013							October 2013							November 2013							December 2013							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7	6	7	8	9	10	11	12	3	4	5	6	7	8	9	1	2	3	4	5	6	7	
8	9	10	11	12	13	14	13	14	15	16	17	18	19	10	11	12	13	14	15	16	8	9	10	11	12	13	14	
15	16	17	18	19	20	21	20	21	22	23	24	25	26	17	18	19	20	21	22	23	15	16	17	18	19	20	21	
22	23	24	25	26	27	28	27	28	29	30	31			24	25	26	27	28	29	30	22	23	24	25	26	27	28	
29	30																				29	30	31					
January 2014							February 2014							March 2014							April 2014							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
			1	2	3	4	1	2	3	4	5	6	7	8	2	3	4	5	6	7	8	6	7	8	9	10	11	12
5	6	7	8	9	10	11	9	10	11	12	13	14	15	9	10	11	12	13	14	15	13	14	15	16	17	18	19	
12	13	14	15	16	17	18	16	17	18	19	20	21	22	16	17	18	19	20	21	22	20	21	22	23	24	25	26	
19	20	21	22	23	24	25	23	24	25	26	27	28		23	24	25	26	27	28	29	27	28	29	30				
26	27	28	29	30	31									30	31													
May 2014							June 2014																					
S	M	T	W	T	F	S	S	M	T	W	T	F	S															
				1	2	3	1	2	3	4	5	6	7															
4	5	6	7	8	9	10	8	9	10	11	12	13	14															
11	12	13	14	15	16	17	15	16	17	18	19	20	21															
18	19	20	21	22	23	24	22	23	24	25	26	27	28															
25	26	27	28	29	30	31	29	30																				

First day of  
school  
September 4th

Days OFF

October  
18th  
November  
27th, 28th, 29th  
December  
23rd thru Jan. 3rd

School resumes  
Jan. 6th

January  
20th and 24th

February

17th

March

7th

Spring Break

March 31st - April 4th

School resumes  
April 7th

April

18th

May

26th

Last day  
of school  
June 11th

USDA is an equal opportunity  
provider and employer.