



OCTOBER | 2017

Whitmore Lake High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Popcorn Chicken Mashed Potato w/ Gravy Mashed Sweet Potato Green Beans Cornbread (9-12) Watermelon	3 Hot Dog or Coney Oven Fries Corn Applesauce Mini Ice Cream Sandwich	4 Chicken Alfredo Tossed Salad California Blend Veggies WG Roll (9-12) Grapes	5 2 Soft Shell Beef or Chicken Tacos or Taco Salad Refried Beans Granny Smith Apple	6 Fresh Baked Pepperoni or Cheese Pizza Tossed Salad Sliced Sweet Red Peppers Pineapple Tidbits
9 Sweet & Sour or General Tso Chicken Rice Stir Fry Vegetables Fortune Cookie Mandarin Oranges	10 Nacho Supreme Lettuce-Tomato-Blk Olives Refried Beans Sliced Peaches	11 Cheesy Lasagna Roll Ups With Marinara Sauce Tossed Salad Cauliflower WG Roll (9-12) Red Delicious Apple	12 Baked Potato Bar Chili, Cheese, Broccoli Add your favorite toppings Cole Slaw Bosco Stix Sliced Pears Fruit Slushie	13 Fresh Baked Pepperoni or Cheese Pizza Tossed Salad Sliced Cucumbers Pineapple Tidbits
16 Mini Corn Dogs Steamed Peas Smile Potatoes Orange Ice Cream Cup	17 Oven Fried Chicken Mashed Potato w/ Gravy Mashed Sweet Potato Asparagus WG Roll Watermelon	18 Spaghetti w/ Meatballs Tossed Salad Broccoli Bosco Stix (9-12) Sliced Pears	19 Bacon Cheeseburger Lettuce-Tomato-Mushrooms Baked Beans Fruit Cocktail	20 Fresh Baked Pepperoni or Cheese Pizza Tossed Salad Baby Carrots Pineapple Tidbits
23 Breakfast for Lunch French Toast Stix Hash Brown Sausage Baby Carrots Applesauce	24 2 Soft Shell Beef or Chicken Tacos or Taco Salad Refried Beans Sliced Peaches	25 Chicken Alfredo Tossed Salad Mixed Vegetables WG Roll (9-12) Grapes	26 Chili, Broccoli, or Potato Soup in a Bread Bowl Tossed Salad Cheese Stix Apple Slices Chocolate Chip Cookie	27 Fresh Baked Pepperoni or Cheese Pizza Tossed Salad Broccoli Bites Pineapple Tidbits
30 Chicken Nuggets Oven Baked Fries Corn Goldfish Crackers Sliced Pears	31 Chicken & Cheese Quesadilla Mexican Rice Black Bean & Corn Salad Sliced Peaches Halloween Treat		To Check your student's lunch account balance Go to www.sendmoneytoschool.com To apply or renew Free or Reduced Meals Go to www.lunchapp.com Application from last year expire Oct 9th	

News

Breakfast Smoothie

Tues and Thursday

\$2.50

Breakfast \$1.60

Includes Milk and Fruit/Juice

M-Mini Pancakes

T- Sausage Gravy / Biscuit

W- Mini Sausage Wraps

Th- French Toast

F-Fresh Cinnamon Rolls or

Cheese Omelet w/ Muffin

Breakfast Sandwich

offered Mon thru Thurs

Cereal or Cereal Bars w/ Grahams,

Yogurt with Muffin and Assorted

Pastries Offered Daily

Lunch \$3.00

All meals include Vegetable of

the Day and a trip to

the Fruit & Vegetable Bar

M-Chicken Patty Sandwich

T-Pizza Panini

W-Hamburger or Cheeseburger

Th- Chicken Nuggets

F- Shrimp

Ham or Turkey Chef Salad w/Roll

Assorted Deli Sandwiches

Nacho Chip w/Cheese Cup and

Cheese Stick