



SEPTEMBER | 2017

Whitmore Lake High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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4 	5 Traditional or Spicy Chicken Patty Sandwich Lettuce-Tomato-Cheese Green Beans Smile Potatoes Sliced Peaches	6 Cheese Tortellini w/ Marinara Sauce Tossed Salad Asparagus Bosco Breadstix Granny Smith Apple	7 Nacho Supreme Lettuce-Tomato-Blk Olives Refried Beans Grapes	8 Fresh Baked Pepperoni or Cheese Pizza Tossed Salad Baby Carrots Pineapple Tidbits
11 Popcorn Chicken Wild Rice Snap Peas WG Roll (9-12) Granny Smith Apple	12 Hamburger or Cheeseburger Lettuce-Tomato-Mushrooms Baked Beans Wedge Potatoes Watermelon	13 Chicken Alfredo Tossed Salad California Blend Veggies WG Roll (9-12) Grapes	14 Breakfast for Lunch Breakfast Bagel Sandwich (egg, sausage, cheese) Hash Brown Baby Carrots Applesauce	15 Fresh Baked Pepperoni or Cheese Pizza Tossed Salad Sliced Sweet Red Peppers Pineapple Tidbits
18 Sweet & Sour or General Tso Chicken Rice Stir Fry Vegetables Fortune Cookie Mandarin Oranges	19 2 Soft Shell Beef or Chicken Tacos or Taco Salad Refried Beans Red Delicious Apple	20 Macaroni & Cheese Tossed Salad Steamed Broccoli Cheez it Crackers Sliced Pears	21 Chicken Tenders Steamed Peas Oven Baked Fries Cantaloupe	22 Homecoming Half Day
25 Chicken Nuggets Mashed Potato w/ Gravy Sweet Potatoes Mixed Vegetables WG Roll (9-12) Orange Wedges	26 Mini Corn Dogs Baked Beans WG Onion Rings Gala Apple	27 Spaghetti w/ Meat Sauce Tossed Salad Steamed Cauliflower Bosco Breadstix Sliced Peaches	28 Chili Cheese Fries Green Beans Cole Slaw Cheez its (7-8) Cornbread (9-12) Watermelon	29 Fresh Baked Pepperoni or Cheese Pizza Tossed Salad Baby Carrots Pineapple Tidbits

News

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 on

Bagel or English Muffin 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 the Fruit / Vegetable Bar

Ham or Turkey Chef Salad w/Roll

Assorted Deli Sandwiches

Nacho Chip w/Cheese Cup and

Cheese Stick

Other Daily Offerings

M-Chicken Patty Sandwich

T-Pizza Panini

W-Hamburger or Cheeseburger

Th- Chicken Nuggets

F- Shrimp