



OCTOBER | 2017

Whitmore Lake Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Grilled Chicken or Chicken Patty on Whole Grain Bun Lettuce and Tomato Sweet Tater Tots Fruit Cocktail	3 Deli Day Assorted Meats and Whole Grain Breads Cheese, Lettuce, Tomato Cole Slaw Pears	4 Spaghetti w/ Meat Sauce Steamed Peas Fresh Toss Salad Fresh Apple Slices	5 Whole Grain Cheese or Chicken Quesadilla Refried Beans Red Sweet Peppers Peaches	6 Fresh Baked Cheese and Pepperoni Whole Grain Pizza Fresh Toss Salad Fresh Veggie Sticks Pineapple 100% Fruit Slushies
9 Mini Corn Dog Steamed Corn Fresh Cucumbers Tropical Fruit Salad 	10 Whole Grain Nuggets Mashed Potato w/ Gravy Fresh Sweet Peppers Despicable Me Crackers Fresh Cantaloupe	11 Macaroni and Cheese Steamed Broccoli Fresh Toss Salad Whole Grain Breadstick Raisins	12 Soft Beef or Chicken Taco Cheese, Lettuce, Tomato Refried Beans Banana WG Choc. Chip Cookie	13 Fresh Baked Cheese Whole Grain Pizza or Pizza Roll Fresh Toss Salad Fresh Carrot Sticks Mandarin Oranges
National School Lunch Week!!!				
16 Hot Dog on Whole Grain Bun Oven Baked French Fries Cherry Tomatoes Fresh Grapes	17 Nacho Supreme Lettuce and Tomato Fiesta Black Beans Fresh Oranges Slices	18 Mini Ravioli Mixed Vegetables Fresh Toss Salad Whole Grain Cheesy Bread Strawberry / Orange Jell-O Cherry Craisins	19 Whole Grain Chicken Tenders Rice Pilaf Malibu Blend Vegetables Country Apples	20 Fresh Baked Cheese or Meat Lovers Whole Grain Pizza Fresh Toss Salad Fresh Broccoli Bites Pineapple
23 Hamburger on Whole Grain Bun Lettuce and Tomato Smiles Potatoes Fruit Cocktail	24 Breakfast for Lunch Whole Grain Mini Pancakes Sausage Links Hash Brown Green Beans Applesauce Cup	25 Chicken Alfredo Steamed Peas Fresh Toss Salad Peaches	26 Fish Treasures Baked Beans Cherry Tomato Choc / Strawberry Ice Cream Fresh Watermelon Slices	27 Fresh Baked Cheese or Pepperoni Personal Pan Pizza Fresh Toss Salad Fresh Carrot Sticks Mandarin Oranges
30 Whole Grain Mini Cheeseburgers Baked Beans Fresh Cauliflower Bites Pears	31 Salisbury Steak Mashed Potato w/ Gravy Fresh Cucumbers Whole Grain Roll Fresh Delicious Apple Halloween Treat		TO CHECK YOU STUDENT'S LUNCH ACCOUNT BALANCE GO TO www.sendmoneytoschool.com	TO APPLY OR RENEW FOR FREE OR REDUCED MEALS GO TO WWW.LUNCHAPP.COM APPLICATIONS FROM LAST YEAR WILL EXPIRE ON OCT 9, 2017

News

Breakfast \$1.60

Serving 5-6 7:35 to 7:50

K-4 8:20 to 8:50

M-WG Mini French Toast

T-Ch. Omelet w/ WG Muffin

W-WG Pancakes Wraps

Th-WG Mini Cinnis / Cinn. Swirls

F- WG Breakfast Sliders

We also offer Yogurt w/ Gripz, Cold Cereal or Cereal Bars w/ Graham Cracker, and Warm Bagels w/ Cream Cheese. All Breakfast include a Fruit and Milk.

Lunch \$2.75

Serving 10:50 to 12:55

All lunches include milk and Fruit/Vegetable Bar.

Available as an alternative to our main entrée

M-F Chef Salad

(Turkey or Ham w/ Cheese, Fresh Vegetables, and Roll)

Mon – Wed – Fri

Ham & Cheese Sandwich

Tues & Thurs

Turkey and Cheese Sandwich

A-la-carte items will be offered to 4-6 graders for an additional cost.

100% Fruit Slushies offered on Fri for everyone at \$1.00 each.