



MENU

SEPT
MBER

Whitmore Lake Middle and High School Lunch

Monday

**No School
Labor Day!**

Hamburger Bar
WG Bun
Baked Beans
Oven Baked Fries
Apple

Hot Dog/Coney Dog
WG Bun
Seasoned Fries
Clementine

Traditional or Spicy
Chicken Patty
WG Bun
Onion Rings
Mixed Fruit

Brunch For Lunch!
Mini French Toast
Sausage Links
Tater Tots
Strawberry Cup

Tuesday

Beef or Chicken Taco
Refried Beans
Roasted Potatoes
Tropical Fruit

Chicken or
Cheese Quesadilla
Spanish Rice
Roasted Corn/Black Beans
Craisins

Beef Nachos
WG Tortilla Chips
Refried Beans
Pineapple Chunks

Pork Carnitas
Fiesta Beans
Rice
Fresh Guacamole
Tropical Fruit

Taco Bowl
Beef Taco Meat
Refried Beans
Cinnamon Apples

Wednesday

Chicken Tenders
WG Biscuit
Rice
Normandy Blend Veggies
Grapes

Salisbury Steak
WG Biscuit
Mashed Potatoes w/Gravy
Green Beans
Watermelon

Mashed Potato Bowl
Popcorn Chicken
Mashed Potatoes w/Gravy
Steamed Corn
Strawberries

Chicken and Waffles
Diced Potatoes
Roasted Brussel
Sprouts
Mixed Berries

Sweet and Sour Chicken
WG Roll
Rice
Mixed Vegetables
Mandarin Oranges

Thursday

Spaghetti w/ Mariana
or Meat Sauce
WG Bosco Stick
Steamed Peas
Cantaloup

Chicken Alfredo
WG Twisted Breadstick
Asparagus
Blueberries

Chicken Parmesan
w/ Pasta
California Blend
Vegetables
Peaches

Macaroni and Cheese
WG Breadstick
Steamed Broccoli
Pears

Cheese Ravioli
w/ Meat Sauce
Mini Garlic Bread
Steamed Zucchini
Blackberries

Friday

Fresh Baked Pizza
Pepperoni/Cheese
Salad
Mixed Peppers
Applesauce Cup

Dominos Pizza Day!
Pepperoni/Cheese
Salad
Cherry Tomatoes
Strawberry cup

Fresh Baked Pizza
Pepperoni/Cheese
Salad
Carrot Sticks
Fresh Banana

Dominos Pizza Day!
Pepperoni/Cheese
Salad
Mixed peppers
Slushie

Fresh Baked Pizza
Pepperoni/Cheese
Salad
Carrot Sticks
Fruit Cup

FREE Lunch!

Choice of 1% Low
Fat White or
Chocolate Milk

Daily Alternative Meals Include:

Uncrustable Meal
Yogurt Parfait Meal
Hot Slide Options

Fruit Bar Options May Include Fresh Fruit and Vegetables Such as:

Carrots, Cucumbers, Tomatoes, Mixed
Peppers, Fresh Salad, Cantaloup, Apples,
Watermelon, Strawberries, Blueberries,
Kiwi and Raspberries

All Meals Include a Milk, Fruit and Vegetable

Menu Subject to
Change Due to
Availability

