



MENU

OCTOBER

Whitmore Lake Middle and High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Brunch For Lunch! 29 Mini French Toast Sausage Links Tater Tots Strawberry Cup	Taco Bowl 30 Beef Taco Meat Refried Beans Cinnamon Apples	Sweet and Sour Chicken 1 Rice WG Roll Mixed Vegetables Mandarin Orange	Cheese Ravioli 2 w/ Meat Sauce Mini Garlic bread Steamed Zucchini Blackberries	Fresh Baked Pizza 3 Pepperoni/Cheese Salad Mixed peppers Applesauce Cup
Sloppy Joes 6 WG Bun Oven Baked Fries Apple Slices	Chicken or Cheese 7 Quesadilla Fiesta Beans Pineapple	Chicken Tenders 8 WG Roll Rice Pilaf Cucumber Slices Blueberries	Dominos Pizza Day! 9 Pepperoni/Cheese Salad Cherry Tomatoes Slushie	10 NO SCHOOL 10 FALL BREAK 10
13 NO SCHOOL FALL BREAK	Hamburger 14 WG Bun Wedge Fries Peaches	Chicken Drumstick 15 WG Biscuit Baked Beans Strawberries	Chicken Alfredo 16 WG Twisted Breadstick Celery Sticks Banana	Dominos Pizza Day! 17 Pepperoni/Cheese Salad Carrots Craisins
Grilled Cheese 20 Oven Baked Fries Pickle Spears Pears	Beef Nachos 21 Lettuce/Tomato/Cheese Refried Beans Tropical Fruit	Chicken Nuggets 22 WG Roll Steamed Corn Mixed Berries	Salisbury Steak 23 WG Breadstick Mashed Potatoes & Gravy Raisins	Dominos Pizza Day! 24 Pepperoni/Cheese Salad Cherry Tomatoes Cantaloup
Chicken Patty 27 WG Bun Oven Baked Fries Fresh Orange	Brunch For Lunch! 28 Mini Waffles Sausage Links Diced Potatoes Apple Sauce Cup	Chicken Enchilada Bake 29 WG Tostitos Refried Beans Cauliflower Bites Strawberries	Spaghetti & Meat Sauce 30 WG Bosco Stick Steamed Peas Kiwi	Dominos Pizza Day! 31 Pepperoni/Cheese Salad Mixed Peppers Slushie

FREE Lunch!

Choice of 1% Low
Fat White or
Chocolate Milk

Daily Alternative Lunch 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

