

SEPTEMBER 2016

Whitmore Lake Middle and High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>www.lunchapp.com To Apply or Renew Free or Reduced Meals for the current school year</p>		<p>1 To check your student's lunch account or deposit Money Please go to www.sendmoneytoschool.com</p>	<p>2 </p>
<p>5 </p>	<p>6 Half Day No Lunch Service</p>	<p>7 Traditional or Spicy Chicken Patty Sandwich on WG Bun Green Beans Smile Potatoes Peaches</p>	<p>8 Nacho Supreme Lettuce-Tomato-Black Olives Refried Beans Corn Salad Grapes</p>	<p>9 Fresh Baked Pepperoni or Cheese Pizza Tossed Salad Broccoli Bites Pineapple</p>
<p>12 Popcorn Chicken Wild Rice Snap Peas WG Roll (9-12) Sliced Apples</p>	<p>13 Hamburger or Cheeseburger On WG Bun Lettuce-Tomato-Mushrooms Baked Beans Watermelon</p>	<p>14 Chicken Alfredo Tossed Salad California Blend Vegetables WG Garlic Twist (9-12) Grapes</p>	<p>15 Breakfast for Lunch WG Breakfast Bagel Sandwich (Egg, Cheese, Sausage) Hash Browns Applesauce</p>	<p>16 Fresh Baked Pepperoni or Cheese Pizza Tossed Salad Baby Carrots Pineapple</p>
<p>19 BBQ Pork Sandwich on WG Bun Wedge Potatoes Cole Slaw Cantaloupe</p>	<p>20 Sweet & Sour or General Tso Chicken Rice Asian Blend Vegetables Fortune Cookie Mandarin Oranges</p>	<p>21 Macaroni & Cheese Tossed Salad Broccoli Goldfish Crackers (9-12) Sliced Pears</p>	<p>22 2 Soft Shell Beef or Chicken Tacos or Taco Salad Refried Beans Granny Smith Apple</p>	<p>23 Fresh Baked Pepperoni or Cheese Pizza Tossed Salad Carrot/Celery Stix Pineapple</p>
<p>26 Chicken Nuggets Mashed Potato w/ Gravy Mashed Sweet Potato Peas WG Roll (9-12) Orange Wedges</p>	<p>27 Mini Corn Dogs Baked Beans WG Onion Rings Golden Delicious Apple</p>	<p>28 Spaghetti w/ Meat Sauce or Marinara Sauce Tossed Salad Mixed Vegetables Bosco Breadstick Sliced Peaches</p>	<p>29 Chili Cheese Fries Green Beans Goldfish Crackers (7-8) Cornbread (9-12) Watermelon</p>	<p>30 Fresh Baked Pepperoni or Cheese Pizza Tossed Salad Sliced Cucumbers Pineapple</p>

News

**Smoothies Tues & Thurs.
Made with Lowfat Yogurt,
Fat Free Milk, Frozen and
Fresh Fruit w/ Grahams
Qualifies as a complete
Breakfast \$2.50**

Breakfast \$1.60

**Includes Milk and Fruit Bar
M-French Toast
T-Mini Pancakes
W-Cherry Frudel
Th-Pancake on a Stix
F-Fresh Cinnamon Rolls
Breakfast Sandwiches offered
Monday through Thursday
Assorted Muffins, Cereal Bars,
Yogurt or Cereal w/Graham
Crackers 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 Chips w/Cheese Cup &
Cheese Stick**

**Other Daily Offerings:
M-Chicken Patty Sandwich
T-Pizza Panini
W-Hamburger WW Bun
Th- Chicken Nuggets
F- Shrimp**