



SEPTEMBER | 2018

Whitmore Lake High School

News

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

To Apply for Free or Reduced Meals go to www.lunchapp.com
Or Visit our WLPS Food Service web sit
All Applications from the previous school year will expire
Oct 16th
To Check a student's lunch account balance or deposit money go to
www.sendmoneytoschool.com

3



4

Traditional or Spicy Chicken Sandwich
Lettuce, Cheese, Tomato
Oven Baked Curly Fries
Green Beans
Granny Smith Apple

5

Spaghetti w/ Meatballs
Tossed Salad
Steamed Cauliflower
Bosco Bread Stix
Sliced Peaches

6

Nacho Supreme
Lettuce, Tomato, Black Olives, Salsa
Black Bean & Corn Salad
Sliced Pears

7

Fresh Baked Stuffed Crust Pepperoni or Cheese Pizza
Tossed Salad
Carrot / Celery Stix
Pineapple Tidbits

10

Chicken Tenders
Mashed Potato w/ Gravy
Mashed Sweet Potato
Seasoned Corn
WG Roll
Red Delicious Apple

11

Sloppy Joe Sandwich
Onion Rings
Creamy Cole Slaw
Banana

12

Chicken Alfredo
Tossed Salad
California Blend Vegetables
WG Roll (9-12)
Cantaloupe

13

Mini Corn Dogs
Smile Potatoes
Baked Beans
Tropical Fruit Cocktail

14

Fresh Baked Stuffed Crust or Flat Bread Pizza
Tossed Salad
Broccoli Bites
Pineapple Tidbits

17

Sweet & Sour or General Tso Chicken
Fried Rice
Asian Vegetables
Fortune Cookie
Egg Roll (9-12)
Mandarin Oranges

18

Hamburger or Cheeseburger
Lettuce, Tomato and Sautéed Mushrooms
Seasoned Wedge Potatoes
Mixed Fruit

19

Cheese Tortellini w/ Tomato Basil Marinara Sauce
Tossed Salad
Fresh Asparagus
Bosco Stix (7-8)
Cheesebread (9-12)
Gala Apple

20

2 Soft Shell Beef or Chicken Tacos or Taco Salad
Lettuce, Tomato, Cheese
Refried Beans
Grapes

21

Fresh Baked Pepperoni or Cheese Pizza
Tossed Salad
Baby Carrots
Pineapple Tidbits

24

All Beef Hot Dog or Coney Dog
Tater Tots
Baked Beans
Watermelon

25

Chicken Nuggets
Wild Rice
Kale & Apple Salad
WG Roll (7-8)
Bosco Stix (9-12)
Orange

26

Macaroni & Cheese
Tossed Salad
Steamed Broccoli
Goldfish Crackers (7-8)
Cornbread (9-12)
Baked Cinnamon Apples

27

Marco's Pizza Day
Tossed Salad
Carrot/Celery Stix
Pineapple Tidbits

28

Homecoming
Half Day
Breakfast Served

Breakfast \$1.60

Includes Milk, Fruit or Juice

M-Mini Pancakes

T-Scrambled Eggs w/ Muffin

W-French Toast

Th-Breakfast Burrito

F- Cheese Omelet w/ Muffin or

Fresh Baked Cinnamon Roll

Monday – Thursday

Breakfast Sandwich offered

(Sausage, Cheese, Egg on Bagel

Or English Muffin)

Assorted Cereal & Pastries

Offered Daily

Lunch \$3.00

All Meals include Milk,

Vegetable of the day and a trip

to our Fruit & Vegetable Bar

Alternative to Main Entrée

M-Hamburger or Cheeseburger

T- Pizza Panini

W- Hot Wings & Cornbread

Th- Italian Panini

F- Oven Baked Chicken & Cornbread

Salad Bar and Assorted

Deli Sandwiches

Offered Daily