



OCTOBER | 2018

Whitmore Lake High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Polish Sausage Potato & Cheese Pierogis Sliced Cucumbers w/ Dill Dip Sliced Pears Ice Cream Cup	2 Oven Fried Chicken Roasted Baby Potatoes Brussel Sprouts with Balsamic Glaze WG Roll Cantaloupe	3 Jumbo Cheese Ravioli w/ Marinara Tossed Salad Fresh Asparagus Garlic Bread Grapes	4 Chicken & Cheese Quesadilla Mexicali Corn Refried Beans Gala Apple	5 Fresh Baked Roll Edge Pepperoni or Cheese Pizza Tossed Salad Sweet Red Pepper Strips Pineapple Tidbits
8 Bacon Cheeseburger Lettuce, Tomato, Sautéed Mushrooms Oven Baked Fries Green Beans Orange Wedges	9 Nacho Supreme Lettuce, Tomato, Black Olives, Salsa Refried Beans Red Delicious Apple	10 Chicken Alfredo Tossed Salad California Blend Vegetables Sliced Peaches	11 Popcorn Chicken Rice Pilaf Orange Glazed Carrots WG Roll Watermelon Pudding Cup	12 Fresh Baked Stuffed Crust or Flatbread Pizza Tossed Salad Marinated Veggie Salad Pineapple Tidbits
15 Sweet & Sour or General Tso Chicken Asian Rice Stir Fry Vegetables Fortune Cookie Mandarin Oranges	16 2 Soft Shell Beef or Chicken Tacos or Taco Salad Lettuce, Tomato, Cheese Refried Beans Grapes	17 Spaghetti w/ Meatballs Tossed Salad Steamed Cauliflower Bosco Bread Stix Granny Smith Apple	18 Chicken Tenders Sweet Potato & Apple Bake Seasoned Corn Cornbread Tropical Fruit Cocktail Chocolate Chip Cookie	19 Fresh Baked Stuffed Crust Pepperoni or Cheese Pizza Tossed Salad Baby Carrots Pineapple Tidbits
22 Pulled Pork Sandwich Oven Baked Wedge Potatoes Creamy Cole Slaw Watermelon	23 Chicken Enchilada Mexican Rice Black Bean & Corn Salad Banana Brownie	24 Cheesy Lasagna Roll Ups w/ Marinara & Parmesan Tossed Salad Steamed Peas Garlic Twist (9-12) Applesauce	25 Baked Potato Bar Chili, Cheese, Broccoli Add your Favorite Toppings Broccoli Salad Bosco Stix Sliced Peaches	26 Fresh Baked Stuffed Crust Pepperoni or Cheese Pizza Tossed Salad Sliced Cucumbers Pineapple Tidbits
29 Breakfast for Lunch Breakfast Bagel Sandwich (Egg Cheese, Sausage) Hash Brown Baby Carrots Grapes	30 Soup in a Bread Bowl Choose from Chili, Creamy Potato or Broccoli Soup Tossed Salad Cheese Stix Grapes Mini Ice Cream Sandwich	31 Cheese Tortellini w/ Tomato Basil Marina Sauce Tossed Salad Steamed Peas Bosco Stix Mandarin Oranges		

Breakfast Smoothie Offered

Tuesday and Thursday
Made with Yogurt, Milk and Fruit
Served With Muffin \$2.50

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- French Dip
F- 3 Cheese Baguette Panini
Salad Bar and Assorted
Deli Sandwiches
Offered Daily