



NOVEMBER | 2018

Whitmore Lake High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Nacho Supreme Lettuce, Tomato, Black Olives Refried Beans Sliced Pears	2 Fresh Baked Stuffed Crust Pepperoni or Cheese Pizza Or Flatbread Cheese Pizza Tossed Salad Broccoli Florets Sliced Pineapple
5 Chicken Nuggets Wild Rice Steamed Peas WG Roll Red Delicious Apple	6 Chili Cheese Wedge Potatoes Broccoli Salad Bosco Stick Sliced Peaches	7 Chicken Alfredo Tossed Salad California Blend Vegetables WG Roll (9-12) Grapes	8 Thanksgiving Lunch Sliced Turkey/ Stuffing Mashed Potato w/ Gravy Sweet Potatoes Corn Corn Bread Pumpkin or Cherry Tart	9 Fresh Baked Rolled Edge Pepperoni or Cheese Pizza Or Buffalo Chicken Pizza Tossed Salad Baby Carrots Pineapple Chunks
12 Rake and Run No Lunch Service	13 2 Soft Shell Beef or Chicken Tacos or Taco Salad Lettuce, Tomato, Cheese Refried Beans Orange Wedges	14 Sausage & Chicken Jambalaya Tossed Salad Bosco Stick Baked Cinnamon Apples	15 Chicken Tenders Au Gratin Potatoes Mixed Vegetables WG Roll (7-8) Cornbread (9-12) Sliced Peaches	16 Fresh Baked Stuffed Crust Pepperoni or Cheese Pizza Or Flatbread Cheese Pizza Tossed Salad Red Pepper Strips Pineapple Tidbits
19 Breakfast for Lunch French Toast Sticks Hash Browns Sausage Baby Carrots Applesauce	20 Traditional or Spicy Chicken Sandwich Lettuce, Tomato, Cheese Sweet Potato Fries Green Beans Fruit Cocktail	21 	22 	23 
26 Sweet & Sour or General Tso Chicken Fried Rice Asian Blend Vegetables Egg Roll (9-12) Fortune Cookie Mandarin Oranges	27 Homemade Sloppy Joe On Wheat Bun Oven Baked Fries Baked Beans Banana	28 Jumbo Cheese Ravioli w/ Marinara Sauce Tossed Salad Steamed Peas Garlic Toast Gala Apple	29 Chicken & Cheese Burrito Mexican Rice Corn Grapes	30 Fresh Baked Stuffed Crust Pepperoni or Cheese Pizza Or Buffalo Chicken Pizza Tossed Salad Baby Carrots Sliced Pineapple

We use Michigan Fresh / Frozen Fruits / Vegetables

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

T-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 Fresh Salad Bar offered Daily

M-Chicken Breast Sandwich T- Pizza Panini W- Hot Wings & Cornbread Th- Turkey Club Panini F- Cuban Panini