



# FEBRUARY | 2019

## Whitmore Lake High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28



29

30

31



1

Fresh Baked Pepperoni or  
Cheese Stuffed Crust Pizza  
Or BBQ Chicken Pizza  
Tossed Salad  
Baby Carrots  
Sliced Pineapple

4

Cheeseburger  
Lettuce-Tomato-Mushrooms  
Onion Rings  
Broccoli Salad  
Granny Smith Apple

5

Chicken Tenders  
Mashed Potatoes w/ Gravy  
Sweet Potato  
Green Beans  
Cornbread (9-12)  
Sliced Pears

6

Cheese Tortellini w/ Marinara  
Tossed Salad  
Steamed Peas  
Bosco Breadstick  
Grapes

7

Nacho Supreme  
Lettuce-Tomato-Black Olives  
Refried Beans  
Gala Apple

8

Fresh Baked Pepperoni or  
Cheese Rolled Edge Pizza or  
Flatbread Pizza  
Tossed Salad  
Sliced Cucumbers  
Pineapple Tidbits

11

Traditional or Spicy Chicken  
Sandwich  
Lettuce-Tomato-Cheese  
Seasoned Corn  
Cole Slaw  
Orange Wedges

12

Breakfast for Lunch  
French Toast  
Hash Browns  
Sausage  
Baby Carrots  
Applesauce

13

Chicken Alfredo  
Tossed Salad  
California Blend Vegetables  
Garlic Bread (9-12)  
Grapes

14

Homemade Sloppy Joe  
Oven Baked Fries  
Baked Beans  
Cantaloupe  
Dessert

Happy Valentine's Day!

15

Fresh Baked Pepperoni or  
Cheese Stuffed Crust Pizza  
Or Buffalo Chicken Pizza  
Tossed Salad  
Baby Carrots  
Sliced Pineapple

18

No School

19

Chicken Nuggets  
Wild Rice  
Roasted Butternut Squash  
WG Roll  
Fruit Cocktail

20

Spaghetti w/ Meatballs  
Tossed Salad  
Seasoned Cauliflower  
WG Roll  
Mixed Fruit

21

Chili Cheese Wedge Potatoes  
Broccoli Salad  
Bosco Breadstick  
Sliced Peaches

22

Fresh Baked Pepperoni or  
Cheese Rolled Edge Pizza or  
Flatbread Pizza  
Tossed Salad  
Sliced Cucumbers  
Pineapple Tidbits

25

Sweet & Sour or General Tso  
Chicken  
Rice  
Snap Peas  
Fortune Cookie  
Egg Roll (9-12)  
Mandarin Oranges

26

2 Soft Shell Beef or Chicken  
Tacos or Taco Salad  
Lettuce-Tomato-Cheese  
Refried Beans  
Sliced Peaches

27

Chicken Parmesan  
Tossed Salad  
Asparagus  
Garlic Toast (9-12)  
Red Delicious Apple

28

Soup in a Bread Bowl  
Homemade Chili, Potato or  
Broccoli Soup  
Tossed Salad  
Cheese Stix  
Apple Slices

1

### News

**Breakfast Smoothie**  
**Offered Tues & Thurs**  
**Made w/ Yogurt, Milk, Fruit,**  
**Served w/ Muffin**

**Breakfast \$1.60**  
**Includes Milk, Juice, Fruit**  
**M-Mini Pancakes**  
**T-Scrambled Eggs w/ Muffin**  
**W-French Toast**  
**Th-Breakfast Burrito**  
**F-Cheese Omelet w/ Muffin**  
**or Fresh Baked Cinnamon**  
**Roll**

**Mon-Thurs**  
**Breakfast Sandwich Offered**  
**Assorted Cereal & Pastries**  
**Offered Daily**

**Lunch \$3.00**  
**All Meals Include Milk,**  
**Vegetable of the Day and a**  
**Trip to our Fruit & Veggie**  
**Bar**

**M-Mini Corn Dogs/Smiles**  
**T-Pizza Panini**  
**W-Hot Wings/Cornbread**  
**Th-Italian Panini**  
**F-Chicken Breast Sandwich**

**Salad Bar Offered Daily**