

SEPTEMBER | 2019

Whitmore Lake High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

**Labor Day
No School**

3

Popcorn Chicken
Rice Pilaf
Black Bean Salad
Peas
Watermelon

4

Macaroni & Cheese
Tossed Salad
Steamed Broccoli
WG Roll
Applesauce Cups

5

Chili Cheese Fries
Red Peppers
Bread Stick
Peaches

6

Fresh Baked Pepperoni or
Cheese Pizza or Buffalo Chicken
Pizza
Tossed Salad
Carrots
Pineapple Tidbits

9

Mini Corn Dogs
Northwest Blend
Baked Beans
Banana

10

Cheeseburger
Lettuce-Tomato-Mushroom
Oven Baked Fries
Orange

11

Spaghetti W/ Meat Sauce or
Marinara
Tossed Salad
Green Beans
Pears

12

Chicken & Cheese Ques
Mexican Rice
Texas Ranchero Pinto Beans
Corn
Cantaloupe

13

Fresh Baked Pepperoni or
Cheese
Tossed Salad
Red Peppers
Pineapple Tidbits

16

Chicken Tenders
Steamed Carrots
Cauliflower
Corn Bread
Red Delicious Apple

17

Salisbury Steak
Mashed Potato W/ Gravy
Peas
WG Roll
Cookie (9-12)
Raisins

18

Chicken Alfredo
Tossed Salad
Malibu Blend
Fruit Cup

19

Nacho Supreme
Lettuce-Tomato-Black Olives
Refried Beans
Peaches

20

Fresh Baked Pepperoni or
Cheese Pizza or Buffalo Chicken
Pizza
Tossed Salad
Carrots
Pineapple Tidbits

23

Breakfast for Lunch

Breakfast Bagel Sandwich
(Sausage-Egg-Cheese)
Hash browns
Baby Carrots
Strawberry Cup

24

2 Soft Shell Beef or Chicken
Tacos or Taco Salad
Lettuce-Tomato-Cheese
Refried Beans
Granny Smith Apple

25

Lasagna Roll Up w/Marinara
Tossed Salad
Asparagus
Bosco Stick
Peaches

26

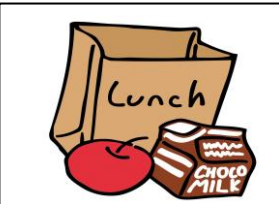
Sweet & Sour or General Tso
Chicken W/ Rice
Stir Fry Vegetables
Fortune Cookies
Mandarin Orange

27

Fresh Baked Pepperoni or
Cheese Pizza
Tossed Salad
Cucumbers
Pineapple Tidbits

30

Traditional or Spicy Chicken
Sandwich
Lettuce-Tomato-Cheese
Key West
Mixed Fruit



2

3

4

To check your student's balance or add funds:

www.sendmoneytoschool.com

To apply or renew for free and reduced meals:

www.lunchapp.com

Applications from last year will expire on October 6, 2019

News

Breakfast \$1.75

Serving 7:30am-7:50am

Includes Milk, Fruit, Juice

M- French Toast

T-Breakfast Boat

W-Mini Pancakes

Th-Choc Chip French Toast

F-Cheese Omelet w/ Muffin

**or Fresh Baked Cinnamon
Roll**

Mon - Thurs

Breakfast Sandwiches

Variety of Cereal &

Pastries Offered Daily.

Lunch \$3.25

Serving 10:56 to 12:29

T-Th 11:24 to 12:47

**Lunch includes Vegetable
of the Day, Fruit/Vegetable
Bar and a Milk.**

**Available as an alternative
to our main entrée.**

M-Cheeseburger

T-Mini Tacos

W-Hot Wings

Th-Mini Corn Dogs

F-Shrimp

We offer a variety of

Paninis and a Salad Bar

Daily for \$3.50