

# SEPTEMBER | 2023

## Whitmore Lake Middle/High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28</b> <b>½ Day Breakfast Only</b>	<b>29</b> Traditional or Spicy Chicken Patty WG Bun Lettuce/Tomato Wedge Fries Cherry Apple Sauce Cup	<b>30</b> Macaroni and Cheese WG Breadstick Steamed Broccoli Watermelon Chunks	<b>31</b> Fresh Baked Pepperoni/Cheese Pizza Or Pizza Rolls Carrot/Celery Sticks Hummus Cup Red Grapes	<b>1</b> <b>No School</b>
<b>4</b> <b>No School Labor Day</b>	<b>5</b> Hamburger WG Bun Lettuce/Tomato Crinkle Fries Baked Beans Pineapple Tidbits	<b>6</b> Chicken Alfredo WG Garlic Twist California Blend Vegetables Fresh Apple Slices	<b>7</b> Original or Chocolate Chip French Toast Sausage Patty Green Beans Clementine	<b>8</b> Fresh Baked Pepperoni/Cheese Or Hawaiian Pizza Romaine Lettuce Cherry Tomatoes Fruit Slushie
<b>11</b> Sweet and Sour Chicken Rice Mini Spring Roll Stir Fry Vegetables Mandarin Oranges	<b>12</b> Soft Shell Beef Taco Lettuce/Tomato Fiesta Beans Sweet Red Peppers Peach cup	<b>13</b> Chicken Nuggets WG Roll Mashed Potatoes w/ Gravy Steamed Corn Cinnamon Apples	<b>14</b> Yogurt Parfait WG Muffin Cheese Stick Cucumber Slices Banana	<b>15</b> Fresh Baked Pepperoni/Cheese Pizza Or Pizza Roll Romaine Lettuce Mixed Fruit
<b>18</b> Chicken Tenders Rice Pilaf Northwest Blend Vegetables Diced Pears	<b>19</b> Chicken Tenders Rice Pilaf Northwest Blend Vegetables Diced Pears	<b>20</b> Spaghetti and Meat Sauce WG Bosco Stick Steamed Peas Cantaloup	<b>21</b> Mini Pancakes Bacon Strips Diced Breakfast Potatoes Strawberries Chocolate Hummus Cup	<b>22</b> Dominos Pizza Day! Pepperoni/Cheese Pizza Broccoli Bites Baby Carrots Blue Raspberry Apple Sauce
<b>25</b> Chicken Drumstick Seasoned Waffle Fries Asparagus Craisins	<b>26</b> Nacho Supreme Lettuce/Tomato Refried Beans Black Olives Mango Chunks	<b>27</b> Salisbury Steak WG Roll Mashed Potatoes w/ Gravy Mixed Vegetables Green Apple	<b>28</b> Breakfast Sandwich Hash Brown Patty Fresh Cauliflower Blueberries	<b>29</b> Fresh Baked Pepperoni/Cheese Pizza Or Barbecue Pizza Mixed Peppers Romaine Lettuce Kiwi

### News

#### **FREE BREAKFAST**

Includes a Milk and Fruit or Juice  
Students will grab breakfast on  
their way to class.

**M** - WG Bagel and Cream Cheese

**T** - Mini Pancakes and Sausage

**W** - Apple Frudel

**Th** - Breakfast Burrito

**F** - Fruit Smoothie and WG Muffin

Breakfast Sandwich Served Daily

#### **FREE LUNCH**

Includes a Milk, Fruit and  
Vegetable

Daily Alternative Meals include:

Fruit or Juice, Vegetable of the  
Day and Fruit/Salad Bar with Milk

PB&J Uncrustable

Fruit and Yogurt Parfait

Deli Sandwich

Hot Slide options W/  
Vegetable of the day

Fruit/Salad Bar

A La Carte Items Available

**Student accounts will be charged  
for all a la carte items purchased.**

**To deposit funds for your  
student go to:**

**whitmore.familyportal.cloud**