

OCTOBER | 2023

Whitmore Lake Middle/High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Chicken and Waffles Carrot Sticks Hummus Cup Strawberry Cup	3 Ravioli WG Cheesy Bread Steamed Cauliflower Fresh Pear	4 Mini Corndogs French Fries Malibu Vegetables Clementine	5 Mashed Potato Bowl Chicken Poppers Steamed Corn Grapes	6 Fresh Baked Pepperoni/Cheese Pizza Or Pizza Rolls Romaine Lettuce Mixed Peppers Cinnamon Apples
9 Chicken Patty WG Bun Baked Beans Wedge Fries Watermelon Applesauce	10 Beef Teriyaki Dippers Fried Rice Northwestern Vegetables Pineapple Tidbits	11 Macaroni and Cheese WG Breadstick Steamed Broccoli Fresh Apple	12 Chicken Tenders Baked Potato Bar Steamed Carrots Cucumber Slices Kiwi	13 NO SCHOOL
16 NO SCHOOL	17 Walking Tacos Lettuce/Tomato Black Beans and Corn Salsa Cup Diced Peaches	18 Chicken Alfredo WG Garlic Twist California Blend Vegetables Cantaloup	19 Grilled Cheese Tomato Soup Romaine Lettuce Apple Slices	20 Dominos Day! Pepperoni/Cheese Pizza Celery Sticks Cherry Tomatoes Fruit Slushie
23 Hamburger or Cheeseburger WG Bun Baked Beans Sweet Potato Tots Raisins	24 Sweet and Sour Chicken Rice Mini Spring Roll Stir Fry Vegetables Mandarin Oranges	25 Spaghetti and Meatballs WG Bosco Stick Steamed Peas Mixed Fruit	26 Bread Bowl Broccoli and Cheese Soup Sweet Red Peppers Watermelon Chunks	27 French Bread Pizza Pepperoni/Cheese Romain Lettuce Fresh Banana
30 Chicken Drumstick Seasoned Waffle Fries Asparagus Fresh Orange	31 Happy Halloween! Taco Bowls Lettuce/Tomato Refried Beans Green Apples	1 Salisbury Steak WG Roll Mashed Potatoes w/ Gravy Mixed Vegetables Blueberries	2 Chicken Pot Pie WG Biscuit Fresh Baby Carrots Strawberry Craisins	3 Fresh Baked Pizza Pepperoni or Meat Lovers Romaine Lettuce Pineapple Rings

News

FREE BREAKFAST

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

M – Omelet w/ Apple Loaf

T - Mini French Toast

W – Strawberry Mini Bagels

Th – Pancake Wraps

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