

# NOVEMBER | 2023



## Whitmore Lake Middle/High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> Chicken Drumstick Seasoned Waffle Fries Asparagus Fresh Orange	<b>31</b> Happy Halloween! Taco Bowl Lettuce/Tomato Refried Beans Green Apples	<b>1</b> Salisbury Steak WG Roll Mashed Potatoes w/ Gravy Mixed Vegetables Blueberries	<b>2</b> Chicken Pot Pie WG Biscuit Fresh Baby Carrots Strawberry Craisins	<b>3</b> <b>NO SCHOOL</b>
<b>6</b> Mini Pancakes Sausage Links Diced Potatoes Peach Cup	<b>7</b> Chicken Quesadilla Spanish Rice Fiesta Beans Tropical Fruit	<b>8</b> Macaroni and Cheese WG Garlic Twist Steamed Broccoli Apple Slices	<b>9</b> <b>Breakfast Only</b>  <b>Rake n Run</b>	<b>10</b> Fresh Baked Pepperoni/Cheese OR Barbeque Chicken Pizza Sweet Red Peppers Cucumber Slices Fruit Slushie
<b>13</b> Chicken and Waffles Carrot Sticks Hummus Cup Strawberries	<b>14</b> Nacho Supreme Lettuce/Tomato Refried Beans Pineapple Tidbits	<b>15</b> Thanksgiving Lunch! Turkey Breast Mashed Potatoes w/ Gravy Stuffing Corn Raspberries	<b>16</b> Yogurt Parfaits WG Muffin String Cheese Assorted Fresh Fruit Celery Sticks	<b>17</b> Dominos Pizza Day! Pepperoni/Cheese Romaine Lettuce Cauliflower Bites Johnny Pops
<b>20</b> Cheese Omelet Bacon Strips Hashbrown Patty Romaine Lettuce Mixed Peppers Fresh Apple	<b>21</b> Traditional or Spicy Chicken Patty Malibu Vegetables Baked Beans Mandarin Oranges	<b>22</b> <b>NO SCHOOL</b>	<b>23</b> <b>NO SCHOOL</b>	<b>24</b> <b>NO SCHOOL</b>
<b>27</b> Mini French Toast Sausage Patty Hashbrown Rounds Green Beans Peaches	<b>28</b> Beef Or Chicken Tacos Lettuce/Tomato Pinto Beans Mixed Fruit	<b>29</b> Chicken Nuggets Mashed Potatoes w/ Gravy Steamed Carrots Fresh Kiwi	<b>30</b> Spaghetti w/ Meat Sauce WG Bread Stick Peas Cantaloup	<b>1</b> Fresh Baked Pizza Pepperoni/Cheese OR Bosco Sticks Romaine Lettuce Fresh Broccoli Craisins

### News

#### FREE BREAKFAST

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

**M** – Maple Waffle

**T** – Cherry Frudel

**W** – Bagel w/ Cream Cheese

**Th** – Breakfast Tornado

**F** – 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](https://whitmore.familyportal.cloud)