

Middle and High School

October Menu

News

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

Monday- Omelet w/ Apple Loaf

Tuesday- Mini French Toast

Wednesday- Strawberry Mini Bagels

Thursday- Pancake Wraps

Friday- - 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

October 2: Chicken and Waffles Carrot Sticks Hummus Cup Strawberry Cup

October 3: Ravioli WG Cheesy Bread Steamed Cauliflower Fresh Pear

October 4: Mini Corndogs French Fries Malibu Vegetables Clementine

October 5: Mashed Potato Bowl Chicken Poppers Steamed Corn Grapes

October 6: Fresh Baked Pepperoni/Cheese Pizza Or Pizza Rolls Romaine Lettuce Mixed Peppers Cinnamon Apples

October 9: Chicken Patty WG Bun Baked Beans Wedge Fries Watermelon Applesauce

October 10: Beef Teriyaki Dippers Fried Rice Northwestern Vegetables Pineapple Tidbits

October 11: Macaroni and Cheese WG Breadstick Steamed Broccoli Fresh Apple

October 12: Chicken Tenders Baked Potato Bar Steamed Carrots Cucumber Slices Kiwi

October 13: No School

October 16: No School

October 17: Walking Tacos Lettuce/Tomato Black Beans and Corn Salsa Cup Diced Peaches

October 18: Chicken Alfredo WG Garlic Twist California Blend Vegetables Cantaloupe

October 19: Grilled Cheese Tomato Soup Romaine Lettuce Apple Slices

October 20: Dominos Day! Pepperoni/Cheese Pizza Celery Sticks Cherry Tomatoes Fruit Slushie

October 23: Hamburger or Cheeseburger WG Bun Baked Beans Sweet Potato Tots Raisins

October 24: Sweet and Sour Chicken Rice Mini Spring Roll Stir Fry Vegetables Mandarin Oranges

October 25: Spaghetti and Meatballs WG Bosco Stick Steamed Peas Mixed Fruit

October 26: Bread Bowl Broccoli and Cheese Soup Sweet Red Peppers Watermelon Chunks

October 27: French Bread Pizza Pepperoni/Cheese Romain Lettuce Fresh Banana

October 30: Chicken Drumstick Seasoned Waffle Fries Asparagus Fresh Orange

October 31: Happy Halloween! Taco Bowls Lettuce/Tomato Refried Beans Green Apples

November 1: Salisbury Steak WG Roll Mashed Potatoes w/ Gravy Mixed Vegetables Blueberries

November 2: Chicken Pot Pie WG Biscuit Fresh Baby Carrots Strawberry Craisins

November 3: Fresh Baked Pizza Pepperoni or Meat Lovers Romaine Lettuce Pineapple Rings

This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.