



# MENU

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**AUGUST**  
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## Whitmore Lake MS/HS Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
29	30	31	1	2	
5	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
<b>½ Day Breakfast Only</b>	26 Sweet & Sour Chicken w/ Rice and WG Roll Mixed Vegetables Water Chestnuts Pineapple	27	28 Macaroni & Cheese WG Breadstick Steamed Broccoli Watermelon	29 Fresh Baked Pizza Pepperoni/Cheese Carrot Sticks Hummus Peaches	<b>No School</b>

# Welcome Back

### Free Lunch!

Choice of 1% Low Fat White, Chocolate, or Strawberry Milk

### Daily Alternative Meals Include:

Uncrustable Meal  
Yogurt Parfait Meal  
Hot Slide Options

Fruit Bar Options May Include Fresh Fruit and Vegetables Such as:

Carrots, Cucumbers, Tomatoes, Mixed Peppers, Fresh Salad, Cantaloup, Apples, Watermelon, Strawberries, Blueberries, Kiwi and Raspberries

All Meals Include a Milk, Fruit and Vegetable

Menu Subject to Change Due to Availability

