



# MENU

SEPT  
EMBER

## Whitmore Lake MS/HS Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>No School</b> 2	Beef or Chicken Tacos 3 Lettuce/Tomato/Cheese Refried Beans Tropical Fruit	Chicken Nuggets 4 WG Roll Mashed Potatoes w/ Gravy Steamed Corn Grapes	Spaghetti & Meatballs 5 WG Bosco Stick Peas Cantaloupe	Fresh Baked Pizza 6 Pepperoni/Cheese Romaine Lettuce Mixed Peppers Fruit Slushie
Hamburger 9 WG Bun Baked Beans Wedge Fries Clementine	Chicken or Cheese 10 Quesadilla Spanish Rice Mexican Street Corn Mango	Brunch for Lunch! 11 Mini Pancakes Sausage Links Diced Potatoes Mixed Berries	Chicken Alfredo 12 WG Breadstick Key West Blend Vegetables Kiwi	<b>Dominos Pizza Day!</b> 13 Pepperoni/Cheese Romaine Lettuce Cherry Tomatoes Lemon Mixed Berry Cup
Traditional/Spicy 16 Chicken Patty WG Bun Tater Tots Apple	Taco Bowls 17 Lettuce/Tomato/Cheese Fiesta Beans Diced Pears	Chicken Tenders 18 WG Biscuit Fried Rice Celery Sticks Mandarin Oranges	Cheese Tortellini 19 w/ Meat Sauce WG Garlic Twist Asparagus Apple Sauce	French Bread Pizza 20 Pepperoni/Cheese Romaine Lettuce Carrot Sticks Strawberry Cup
Salisbury Steak 23 WG Roll Mashed potatoes w/ Gravy Green Beans Craisins	Sweet & Sour Chicken 24 w/ Rice and WG Roll Mixed Vegetables Water Chestnuts Pineapple	Beef or Chicken Gyros 25 WG Flatbread Lettuce/Tomato/Cucumber Hummus/Tzatziki Sauce Fresh Peach	Macaroni & Cheese 26 WG Breadstick Steamed Broccoli Watermelon	<b>Dominos Pizza Day!</b> 27 Pepperoni/Cheese Romaine Lettuce Cauliflower Bites Apple Slices
Hot Dog or Cony Dog 30 WG Bun Seasoned Fries Diced Peaches	Beef or Chicken Tacos 1 Lettuce/Tomato/Cheese Refried Beans Tropical Fruit	Chicken Nuggets 2 Mashed Potatoes w/ Gravy Steamed Corn Grapes	Spaghetti & Meatballs 3 WG Bosco Stick Peas Cantaloupe	Fresh Baked Pizza 4 Pepperoni/Cheese Romaine Lettuce Mixed Peppers Fruit Slushie

### 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

