



# MENU

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

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| Hot Dog or Coney Dog<br>WG Bun<br>Seasoned Fries<br>Diced Peaches<br><b>30</b>                 | Beef or Chicken Tacos<br>Lettuce/Tomato/Cheese<br>Refried Beans<br>Tropical Fruit<br><b>1</b>      | Chicken Nuggets<br>WG Roll<br>Mashed Potatoes w/ Gravy<br>Steamed Corn<br>Grapes<br><b>2</b>        | Spaghetti & Meatballs<br>WG Bosco Stick<br>Peas<br>Cantaloupe<br><b>3</b>  | Fresh Baked Pizza<br>Pepperoni/Cheese<br>Romaine Lettuce<br>Mixed Peppers<br>Fruit Slushie<br><b>4</b>    |
| Hamburger<br>WG Bun<br>Baked Beans<br>Wedge Fries<br>Clementine<br><b>7</b>                    | Brunch for Lunch!<br>Mini Pancakes<br>Sausage Links<br>Diced Potatoes<br>Mixed Berries<br><b>8</b> | Chicken Alfredo<br>WG Breadstick<br>Key West Blend<br>Vegetables<br>Kiwi<br><b>9</b>                | Dominos Pizza Day!<br>Pepperoni/Cheese<br>Romaine Lettuce<br>Cherry Tomatoes<br>Lemon Mixed Berry Cup<br><b>10</b> | <b>NO SCHOOL</b><br><b>11</b>   |
| <b>NO SCHOOL</b><br><b>14</b>  | Traditional/Spicy<br>Chicken Patty<br>WG Bun<br>Tater Tots<br>Apple<br><b>15</b>                   | Macaroni & Cheese<br>WG Breadstick<br>Steamed Broccoli<br>Watermelon<br><b>16</b>                   | Taco Bowl<br>Lettuce/Tomato/Cheese<br>Fiesta Beans<br>Pineapple<br><b>17</b>                                       | Fresh Baked Pizza<br>Pepperoni/Cheese<br>Romaine Lettuce<br>Carrot Sticks & Celery<br>Banana<br><b>18</b> |
| Grilled Cheese<br>Tomato Soup<br>Fresh Cucumber Slices<br>Apple Sauce Cup<br><b>21</b>         | Chicken or Cheese<br>Quesadilla<br>Roasted Corn and Black Beans<br>Mandarin Oranges<br><b>22</b>   | Lasagna Roll Up<br>Twisted Breadstick<br>California Blend Vegetables<br>Fresh Plum<br><b>23</b>     | Chicken Tenders<br>WG Biscuit<br>Fried Rice<br>Celery Sticks<br>Strawberries<br><b>24</b>                          | Dominos Pizza Day!<br>Pepperoni/Cheese<br>Romain Lettuce<br>Sweet Red Peppers<br>Johnny Pop<br><b>25</b>  |
| Salisbury Steak<br>WG Roll<br>Mashed Potatoes w/ Gravy<br>Green Beans<br>Craisins<br><b>28</b> | Sweet & Sour Chicken<br>w/ Rice and WG Roll<br>Mixed Vegetables<br>Pineapple<br><b>29</b>          | Your Choice of: Mummy<br>Dog or Ghost Pizza<br>Fresh Carrots w/ Hummus<br>Apple Slices<br><b>30</b> | Soup and Salad Bar!<br>Broccoli Soup and<br>Grilled or Crispy Chicken<br>Salad<br>Fresh Peach<br><b>31</b>         | <b>NO SCHOOL</b><br><b>1</b>  |

### 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

