



WHITE BROOK MIDDLE SCHOOL: Oct. 29-Nov 2 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Chicken Nuggets Homemade Mashed Potatoes Sweet Green Peas Warm Whole Grain Biscuit	Beef Nachos Seasoned Ground Beef, Whole Grain Tortilla Chips Shredded Cheddar Cheese Salsa, Sweet Corn	Pasta with Meat Sauce Barilla Pasta, Classic Italian Meat Sauce Seasoned Ground Beef Tossed Salad Whole Grain Dinner Roll	Hot Dog Bar Toppings: Cheese Sauce, Relish, Diced Onion Baked Beans Waffle Fries	Teriyaki OR BBQ Chicken Steamed Brown Rice Sauteed Onions & Peppers Confetti Coleslaw
Grill				
Cheese Burger on a Whole Grain Bun w/ French Fries	Chicken Patty Sandwich on Whole Grain Bun w/ French Fries	Buffalo Chicken Patty Sandwich on Whole Grain Bun w/ French Fries	Cheeseburger on a Whole Grain Bun w/ French Fries	Meatball Grinder with Cheese w/ French Fries
2Mato				
Buffalo Chicken Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	BBQ Chicken Pizza
On The Go				
Chicken Ranch Wrap Garden Salad w/ Cheese, Garden Salad w/Chicken and Cheese	Italian Cold Cut Garden Salad with Cheese	Ham and Cheese w/ Honey Mustard Garden Salad with Tuna	Turkey Sandwich with Lettuce and Tomato Chef Salad, Buffalo Chicken Salad	Turkey Cranberry Wrap Tuna Melt Flatbread
Salads offered with dinner rolls				
EXTRA EXTRA				
Baby Carrots Squash and Zucchini Dippers Fresh Whole Fruit Assorted Chilled Fruit	Cucumbers Black Bean and Corn Salad Fresh Whole Fruit Assorted Chilled Fruit	Power Peas Sweet Broccoli Salad Orange Wedges Assorted Chilled Fruit	Cucumbers Sweet Broccoli Salad Fresh Whole Fruit Assorted Chilled Fruit	Carrot Sticks Squash and zucchini Dippers Fresh Whole Fruit Assorted Chilled Fruit

MONTHLY FOOD FOCUS: October's Food Focus is Autumn Squash!

Secondary: A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes and fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.

