



WHITE BROOK MIDDLE SCHOOL: Nov 5-9, 2018 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Chicken Tenders	NO SCHOOL	Baked Ziti	Swedish Meatballs	Honey Glazed Chicken
Seasoned Brown Rice	City Elections	Pasta Baked with Mozzarella Cheese	Homemade Mashed Potatoes	Baked Potato Wedges
Sauteed Green Beans	Teacher Professional Development	Classic Marinara Sauce	Sweet Green Peas	Buttery Carrots
Whole Grain Biscuit		Seasoned Broccoli	Whole Grain Dinner Roll	Fresh Baked Corn Bread
		Whole Grain Garlic Breadstick		
Grill				
Cheeseburger on Whole Grain Bun		Buffalo Chicken Patty Sandwich	Chicken Patty on Whole Grain Bun	Meatball Grinder with Cheese
Baked French Fries		Baked French Fries	Baked French Fries	Baked French Fries
2Mato				
Buffalo Chicken Pizza		Classic Cheese Pizza	Classic Pepperoni Pizza	BBQ Chicken Pizza
On The Go				
Chicken Ranch Wrap		Ham and Cheese w/ Honey Mustard	Turkey Sandwich with Lettuce and Tomato	Turkey Cranberry Wrap
Garden Salad w/ Cheese, Garden Salad w/Chicken and Cheese		Garden Salad with Tuna	Chef Salad, Tuna Salad Sandwich	Garden Salad with Buffalo Chicken
Salads offered with dinner rolls				
EXTRA EXTRA				
Fresh Carrot Sticks	Cucumbers	Power Peas	Cucumbers	Squash & Zucchini Sticks
Cranberry Apple Relish	Chick Pea Salad	Cranberry Spinach Salad	Black Bean and Corn Salad	Cranberry Apple Relish
Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Orange Wedges Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit

November's Food Focus is Cranberries!!!! Cranberries are one of the few fruits that is native to North America! Cranberries are commonly used around the world as a natural fabric dye! Secondary, a full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes and fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate. EPSD, USDA, and Chartwells are equal opportunity employers and providers.