



WHITE BROOK MIDDLE SCHOOL: Nov 12-16, 2018 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
No School	Beef Hard Shell Tacos	Chicken Parmesan	Turkey Dinner	Ham and Cheese Bagel Melt
Veterans Day	Seasoned Ground Beef, Whole Grain Taco Shells Shredded Cheddar Cheese, Steamed Brown Rice Sweet Corn Salsa	Crispy Chicken, Barilla Pasta, Classic Marinara Sauce Seasoned Broccoli Whole Grain Garlic Flatbread	Homemade Mashed Potatoes and Gravy Sweet Butternut Squash Holiday Cookie	Waffle Fries Sweet Pepper Sticks Dippers
Grill				
	Cheeseburger on Whole Grain Bun Baked French Fries	Buffalo Chicken Patty on Whole Grain Bun Baked French Fries	Chicken Patty Sandwich on Whole Grain Bun Baked French Fries	Meatball Grinder Baked French Fries
2Mato				
	Classic Pepperoni Pizza	Classic Cheese Pizza	Classic Pepperoni Pizza	BBQ Chicken Pizza
On The Go				
	Italian Cold Cut Hero Garden Salad with Cheese	Ham and Cheese w/ Honey Mustard Garden Salad with Tuna	Turkey Sandwich with Lettuce & Tomato Chef Salad, Tuna Salad Sandwich	Turkey Cranberry Wrap Tuna Melt Flatbread
Salads offered with dinner rolls				
EXTRA EXTRA				
Fresh Celery Sticks	Fresh Carrots	Fresh Carrots	Cucumbers	Fresh Baby Carrots
Sweet & Tangy Broccoli Salad	Black Bean and Corn Salad	Cranberry Spinach Salad	Cranberry Apple Relish	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
<p>Monthly Food Focus: November's Food Focus is CRANBERRIES!!**Cranberries are one of the few fruits that are native to North America. They are commonly used around the world as a natural fabric dye.</p> <p>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.</p>				