



WHITE BROOK MIDDLE SCHOOL: Nov 19-23 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Pop Corn Chicken	Nachos	NO SCHOOL	NO SCHOOL	NO SCHOOL
Carrot and Celery Sticks with Ranch Dressing	Whole Grain Tortilla Chips, Seasoned Steamed Brown Rice	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break
Baked French Fries	Shredded Cheddar Cheese, Salsa, Sweet Corn			
Confetti Coleslaw				
Grill				
Cheese Burger on a Whole Grain Bun Baked French Fries	Chicken Patty Sandwich on Whole Grain Bun Baked French Fries			
2Mato				
Classic Cheese Pizza	Classic Pepperoni Pizza			
On The Go				
Chicken Ranch Wrap	Italian Hero			
Garden Salad w/ Cheese Garden Salad w/Chicken	Garden Salad with Cheese			
<small>Salads offered with dinner rolls</small>				
EXTRA EXTRA				
Baby Carrots	Cucumbers	Power Peas	Cucumbers	
Cranberry Spinach Salad	Cranberry Apple Relish	Sweet Corn Salad	Black Bean and Corn Salad	
Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Orange Wedges Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	

MONTHLY FOOD FOCUS: November Food Focus is CRANBERRIES•••Cranberries are one of the few fruits native to North America. They are most commonly used around the world as a natural fabric dye.



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.

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