



WHITE BROOK MIDDLE SCHOOL: Nov 26-30, 2018 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Chicken Nuggets Homemade Mashed Potatoes w/ Gravy Buttery Carrots Whole Grain Bread Stick	Chicken Fajitas Whole Grain Tortilla, Seasoned Grilled Chicken Sauteed Onions and Peppers Steamed Brown Rice Salsa, Shredded Cheddar Cheese	Macaroni and Cheese Toppings: Ham, Bacon Bits, Crushed Tortillas Seasoned Broccoli Whole Grain Dinner Roll	Burger Bar: Beef or Veggie Burger American, Cheddar or Mozzarella Cheese Toppings: Lettuce, Tomato, Onion, Bacon, Waffle Fries	Breakfast For Lunch! French Toast Sticks with Syrup Sausage Patty Tater Tots Strawberries
Grill				
Cheeseburger on Whole Grain Bun Baked French Fries	Chicken Patty on Whole Grain Bun Baked French Fries	Buffalo Chicken Patty on Whole Grain Bun Tater Tots	Chicken Patty Sandwich on Whole Grain Bun Waffle Fries	Meatball Sub Tater Tots
2Mato				
Buffalo Chicken Pizza	Classic Pepperoni Pizza	Classic Cheese Pizza	Classic Pepperoni Pizza	BBQ Chicken Pizza
On The Go				
Chicken Ranch Wrap Garden Salad w/ Cheese Garden Salad w/ Chicken & Cheese	Italian Cold Cut Garden Salad with Chicken	Ham and Cheese w/ Honey Mustard Garden Salad with Tuna	Turkey Sandwich w/ Lettuce & Tomato Chef Salad Tuna Salad Sandwich	Turkey Cranberry Wrap Garden Salad w/ Buffalo Chicken
Salads offered with dinner rolls				
EXTRA EXTRA				
Fresh Celery Sticks	Fresh Carrots	Fresh Carrots	Cucumbers	Fresh Baby Carrots
Cranberry Apple Relish	Black Bean and Corn Salad	Cranberry Spinach Salad	Black Bean and Corn Salad	Cranberry Spinach Salad
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

Monthly Food Focus: November Food Focus is CRANBERRIES***Cranberries are one of the few fruits that grown native in North America. They are more commonly used around the world as a natural fabrics 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.

