



**WHITE BROOK MIDDLE SCHOOL: Dec. 3-7 LUNCH MENU**

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Create</b>				
Popcorn Chicken Plain OR Buffalo  Seasoned Brown Rice  Carrot & Celery Sticks w/ Ranch Dressing  Whole Grain Breadstick	Beef Hard Shell Tacos  Seasoned Ground Beef, Whole Grain Taco Shells  Shredded Cheddar Cheese, Lettuce, Salsa  Spicy Black Beans  Sweet Corn	Chicken Alfredo Pasta  Tender Grilled Chicken, Classic Alfredo Sauce  Seasoned Broccoli  Whole Grain Garlic Breadstick	Hot Dog  Toppings Include Chili & Cheese Sauce  Waffle Fries  Confetti Coleslaw	Turkey Dinner  Homemade Mashed Potatoes and Gravy, Buttery Carrots  Cranberry Sauce  Whole Grain Dinner Roll
<b>Grill</b>				
Cheeseburger on Whole Grain Bun  Baked French Fries	Chicken Patty on Whole Grain Bun  Tater Tots	Buffalo Chicken Patty on Whole Grain Bun  Baked French Fries	Cheeseburger on Whole Grain Bun  Tater Tots	Meatball Grinder with Cheese  Baked French Fries
Classic Cheese Pizza	Classic Pepperoni Pizza	Classic Cheese Pizza	Classic Pepperoni Pizza	BBQ Chicken Pizza
<b>On The Go</b>				
Chicken Ranch Wrap  Garden Salad w/ Cheese, Garden Salad w/Chicken and Cheese	Italian Hero  Taco Salad Garden Salad w/ Cheese	Turkey Sandwich w/ Lettuce & Tomato  Garden Salad w/ Tuna Garden Salad w/ Cheese	Ham & Cheese Wrap w/ Honey Mustard  Chef Salad Garden Salad w/ Cheese	Tuna Melt  Garden Salad w/ Cheese Garden Salad w/ Chicken
Salads offered with dinner rolls				
<b>EXTRA EXTRA</b>				
Fresh Celery Sticks  Tomato, Cucumber Basil Salad  Fresh Whole Fruit Assorted Chilled Fruit	Fresh Carrots  Black Bean and Corn Salad  Fresh Whole Fruit Assorted Chilled Fruit	Power Peas  Cranberry Apple Relish  Fresh Whole Fruit Assorted Chilled Fruit	Cucumbers  Potato Salad  Fresh Whole Fruit Assorted Chilled Fruit	Fresh Baby Carrots  Pasta Salad  Fresh Whole Fruit Assorted Chilled Fruit

Monthly Food Focus: December Food Focus is HERBS & SPICES!! \*\*\* Basil is great for treating acne and other infections because of its antibacterial and anti-inflammatory properties.

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.

