



WHITE BROOK MIDDLE SCHOOL: Dec. 10-14 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Chicken Tenders Homemade Mashed Potatoes and Gravy Buttery Carrots Whole Grain Biscuit	1/2 Day Teacher Professional Development *Bag Lunch Offered	"Hamburger Helper" Pasta with Meat Sauce Italian Sauteed Green Beans Whole Grain Garlic Breadstick	General Tso's Chicken Vegetable Lo Mein Toasted Flatbread	Baked Potato Bar Homemade Cheddar Cheese Sauce Steamed Broccoli, Bacon Whole Grain Dinner Roll
Grill				
Cheeseburger on Whole Grain Bun Baked French Fries		Buffalo Chicken Patty on Whole Grain Bun Baked French Fries	Cheeseburger on Whole Grain Bun Tater Tots	Meatball Grinder Baked French Fries
Chicken Bacon Ranch Pizza		Classic Cheese Pizza	Classic Pepperoni Pizza	BBQ Chicken Pizza
On The Go				
Chicken Ranch Wrap Garden Salad w/ Cheese, Garden Salad w/Chicken and Cheese		Turkey Sandwich w/ Lettuce, Tomato Garden Salad with Tuna Garden Salad w/ Cheese	Ham & Cheese Wrap Chef Salad Garden Salad w/ Cheese	Tuna Melt Garden Salad with Chicken Garden Salad w/ Cheese
Salads offered with dinner rolls				
EXTRA EXTRA				
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's Food Focus is HERBS AND SPICES!! 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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