



**WHITE BROOK MIDDLE SCHOOL: Dec 17-21, 2018 LUNCH MENU**

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Create</b>				
<b>Burger Bar: Beef or Veggie Burger</b>  <b>Toppings: Lettuce, Tomato, American, Cheddar or Mozzarella Cheese, Bacon, Caramelized Onions, Cucumber Pickles</b>  <b>Tater Tots</b>	<b>Beef Burrito</b>  <b>Seasoned Ground Beef, Whole Grain Tortilla, Steamed Brown Rice, Sweet Corn</b>  <b>Salsa</b>	<b>Macaroni and Cheese</b>  <b>Toppings: Bacon, Crushed Tortilla Chips, Ham</b>  <b>Seasoned Broccoli</b>  <b>Whole Grain Flatbread</b>	<b>Chicken Teriyaki</b>  <b>Seasoned Brown Rice</b>  <b>Sauteed Onions and Peppers</b>  <b>Whole Grain Biscuit</b>	<b>Chicken Parmesan Sandwich</b>  <b>Baked Potato Wedges</b>  <b>Italian Sauteed Green Beans</b>
<b>Grill</b>				
<b>Chicken Patty on a Whole Grain Bun</b>  <b>w/ Tater Tots</b>	<b>Chicken Patty Sandwich on Whole Grain Bun</b>  <b>w/ French Fries</b>	<b>Buffalo Chicken Patty Sandwich on Whole Grain Bun</b>  <b>w/ Tater Tots</b>	<b>Cheeseburger on a Whole Grain Bun</b>  <b>w/ French Fries</b>	<b>Meatball Grinder with Cheese</b>  <b>w/ Tater Tots</b>
<b>2Mato</b>				
<b>Margherita Pizza</b>	<b>Classic Cheese Pizza</b>	<b>Classic Pepperoni Pizza</b>	<b>BBQ Chicken Pizza</b>	<b>Hawaiian Pizza</b>
<b>On The Go</b>				
<b>Chicken Ranch Wrap</b>  <b>Garden Salad w/ Cheese, Garden Salad w/Chicken and Cheese</b>	<b>Italian Cold Cut</b>  <b>Garden Salad with Cheese Taco Salad</b>	<b>Ham and Cheese Wrap</b>  <b>Garden Salad with Tuna Garden Salad w/ Cheese</b>	<b>Turkey Sandwich with Lettuce and Tomato</b>  <b>Chef Salad, Garden Salad w/ Cheese</b>	<b>Turkey BLT Wrap</b>  <b>Tuna Melt Garden Salad w/Chicken Garden Salad w/ Cheese</b>
Salads offered with dinner rolls				
<b>EXTRA EXTRA</b>				
<b>Baby Carrots</b>  <b>Tomato Cucumber Basil Salad</b>  <b>Fresh Whole Fruit Assorted Chilled Fruit</b>	<b>Cucumbers</b>  <b>Corn &amp; Black Bean Salad</b>  <b>Fresh Whole Fruit Assorted Chilled Fruit</b>	<b>Power Peas</b>  <b>Cranberry Apple Relish</b>  <b>Orange Wedges Assorted Chilled Fruit</b>	<b>Cucumbers</b>  <b>Potato Salad</b>  <b>Fresh Whole Fruit Assorted Chilled Fruit</b>	<b>Carrot Sticks</b>  <b>Pasta Salad</b>  <b>Fresh Whole Fruit Assorted Chilled Fruit</b>
<b>MONTHLY FOOD FOCUS: December's Food Focus is HERBS &amp; SPICES! Basil is good for treating acne and other infections because of its antibacterial and anti-inflammatory properties!</b> 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.				