



WHITE BROOK MIDDLE SCHOOL: Sept 10-14, 2018 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Pop Corn Chicken	Beef Nachos	Beefy Cheese Mac	Hot Dog	Steak and Cheese Grinder
Steamed Brown Rice	Seasoned Ground Beef, Whole Grain Tortilla Chips	Macaroni and Cheese	Homemade Cheese Sauce	
Sweet Corn	Shredded Cheddar Cheese	Seasoned Ground Beef	Baked Beans	Sauteed Onions & Peppers
Warm Whole Grain Biscuit	Salsa	Tossed Salad	Potato Wedges	Baked French Fries
		Whole Grain Dinner Roll		
Grill				
Cheese Burger on a Whole Grain Bun	Chicken Patty Sandwich on Whole Grain Bun	Buffalo Chicken Patty Sandwich on Whole Grain Bun	Cheeseburger on a Whole Grain Bun	Meatball Grinder with Cheese
w/ French Fries	w/ French Fries	w/ French Fries	w/ French Fries	w/ French Fries
2Mato				
Classic Cheese Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	BBQ Chicken Pizza	Classic Cheese Pizza
On The Go				
Chicken Ranch Wrap	Italian Cold Cut Wrap	Ham and Cheese w/ Honey Mustard	Turkey Sandwich with Lettuce and Tomato	Turkey BLT Wrap
Garden Salad w/ Cheese, Garden Salad w/Chicken and Cheese	Garden Salad with Cheese	Garden Salad with Tuna	Chef Salad, Buffalo Chicken Salad	Tuna Salad Sandwich
Salads offered with dinner rolls				
EXTRA EXTRA				
Baby Carrots	Cucumbers	Power Peas	Cucumbers	Carrot Sticks
Tomatoes	Chick Pea Salad	Black Bean and Corn Salad	Chick Pea Salad	Tomatoes
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: September's Food Focus is TOMATOES

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.

