



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

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Burger Bar: Beef Burger or Veggie Burger Choose Your Favorite Toppings: Choice of Cheddar, American or Mozzarella Cheese, Bacon, Lettuce, Tomato, Cucumber Pickles, Caramelized Onions, Garlic or Sriracha Mayos With French Fries	Beef Taco Seasoned Ground Beef, Whole Grain Taco Shells Spicy Black Beans Steamed Brown Rice Steamed Sweet Corn	Baked Ziti Pasta Baked with Mozzarella Cheese Classic Marinara Sauce Seasoned Broccoli Whole Grain Garlic Breadstick	Chicken Fajitas Seasoned Grilled Chicken, Whole Grain Tortilla Sautéed Onions and Peppers Steamed Sweet Corn Seasoned Brown Rice	French Toast Sticks Maple Syrup Sausage Patty Tater Puffs
Grill				
Chicken Patty on a Whole Grain Bun Baked French Fries	Burger/Cheeseburger Baked French Fries	Buffalo Chicken Patty Sandwich Baked French Fries	Burger/Cheeseburger Baked French Fries	Meatball Grinder with Cheese Baked French Fries
2Mato				
Buffalo Chicken Pizza	Classic Pepperoni Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Veggie Lover's Pizza
On The Go				
Chicken Ranch Wrap Garden Salad w/ Cheese, Garden Salad w/Chicken and Cheese	Italian Cold Cut Wrap Garden Salad with Cheese	Ham and Cheese w/ Honey Mustard Garden Salad with Tuna	Turkey Sandwich with Lettuce and Tomato Chef Salad, Tuna Salad Sandwich	Turkey BLT Wrap Garden Salad with Buffalo Chicken
Salads offered with dinner rolls				
EXTRA EXTRA				
Fresh Carrot Sticks Sweet Cucumber Salad Fresh Whole Fruit Assorted Chilled Fruit	Cucumbers Chick Pea Salad Fresh Whole Fruit Assorted Chilled Fruit	Power Peas Sweet Corn Salad Orange Wedges Assorted Chilled Fruit	Cucumbers Black Bean and Corn Salad Fresh Whole Fruit Assorted Chilled Fruit	Squash & Zucchini Sticks Sweet & Tangy Broccoli Salad Fresh Whole Fruit Assorted Chilled Fruit

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Food Focus is TOMATOES!!!

September Secondary: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes and fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.