



# WHITE BROOK MIDDLE SCHOOL: Oct. 1-5, 2018 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Create</b>				
Pop Corn Chicken Buffalo or Plain	Beef Burrito	1/2 Day	Swedish Meatballs	Honey Glazed Chicken
Baked French Fries	Seasoned Ground Beef, Whole Grain Tortilla	Teacher Professional Development	Noodles and Gravy	Homemade Mashed Potatoes
Sweet Green Peas	Sauteed Peppers & Onions		Sweet Glazed Carrots	Butternut Squash
Confetti Coleslaw	Steamed Brown Rice	<b>*Bag Lunch Offered</b>	Warm Whole Grain Breadstick	Confetti Coleslaw
Fresh Baked Whole Grain Biscuit	Steamed Sweet Corn			Warm Whole Grain Dinner Roll
<b>Grill</b>				
Cheese Burger on a Whole Grain Bun	Chicken Patty Sandwich on a Whole Grain Bun		Cheeseburger on a Whole Grain Bun	Meatball Grinder with Cheese
Baked French Fries	Baked French Fries		Baked French Fries	Baked French Fries
<b>2Mato</b>				
Buffalo Chicken Pizza	Classic Pepperoni Pizza		Classic Cheese Pizza	BBQ Chicken Pizza
<b>On The Go</b>				
Chicken Ranch Wrap	Italian Hero	Ham and Cheese w/ Honey Mustard	Turkey Sandwich with Lettuce and Tomato	Turkey Cranberry Wrap
Garden Salad w/ Cheese, Garden Salad w/Chicken and Cheese	Garden Salad with Buffalo Chicken	Garden Salad with Tuna	Chef Salad, Tuna Salad Sandwich	Garden Salad with Cheese
Salads offered with dinner rolls				
<b>EXTRA EXTRA</b>				
Fresh Carrot Sticks	Cucumbers	Power Peas	Cucumbers	Squash & Zucchini Sticks
Sweet Cucumber Salad	Chick Pea Salad	Sweet Corn Salad	Black Bean and Corn Salad	Chick Pea Salad
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
<p><b>MONTHLY FOOD FOCUS: October Food Focus is Autumn Squash•••Squash contains fiber which can help you feel fuller and more satisfied for a longer time!</b></p> <p>USDA, EPSD, and Chartwell's are equal opportunity employers and providers</p>				

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.