



# WHITE BROOK MIDDLE SCHOOL: Oct. 8-12, 2018 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Create</b>				
No School	Beef Nachos	Chicken Parmesan	French Toast	Sloppy Joes
Columbus day	Seasoned Ground Beef, Whole Grain Tortilla Chips Shredded Cheddar Cheese, Steamed Brown Rice Sweet Corn Salsa	Crispy Chicken, Barilla Pasta, Classic Marinara Sauce Seasoned Broccoli Whole Grain Garlic Flatbread	Sausage Patty Tater Tots Blueberries	Ground Beef, Classic Sloppy Sauce Waffle Fries Confetti Coleslaw
<b>Grill</b>				
	Cheeseburger on Whole Grain Bun Baked French Fries	Buffalo Chicken Patty on Whole Grain Bun Baked French Fries	Chicken Patty Sandwich on Whole Grain Bun Baked French Fries	Meatball Grinder Baked French Fries
<b>2Mato</b>				
	Classic Pepperoni Pizza	Classic Cheese Pizza	Veggie Lover's Pizza	BBQ Chicken Pizza
<b>On The Go</b>				
	Italian Cold Cut Hero Garden Salad with Cheese	Ham and Cheese w/ Honey Mustard Garden Salad with Tuna	Turkey Sandwich with Lettuce & Tomato Chef Salad, Tuna Salad Sandwich	Tuna Melt Flatbread Buffalo Chicken Salad
Salads offered with dinner rolls				
<b>EXTRA EXTRA</b>				
Fresh Celery Sticks	Fresh Carrots	Fresh Carrots	Cucumbers	Fresh Baby Carrots
Sweet & Tangy Broccoli Salad	Black Bean and Corn Salad	Sweet & Tangy Broccoli Salad	Black Bean and Corn Salad	Sweet & Tangy Broccoli 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

Monthly Food Focus: October's Food Focus is Autumn Squash!!

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.

