



## WHITE BROOK MIDDLE SCHOOL: Oct. 15-19 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Create</b>				
<b>Chicken Tenders</b>  <b>Homemade Mashed Potatoes and Gravy</b>  <b>Sweet Butternut Squash</b>  <b>Whole Grain Dinner Roll</b>	<b>Beef Tacos</b>  <b>Seasoned Ground Beef, Whole Grain Taco Shells</b>  <b>Spicy Black Beans</b>  <b>Steamed Brown Rice, Sweet Corn</b>  <b>Shredded Cheddar Cheese, Salsa</b>	<b>Macaroni and Cheese Bar</b>  <b>Toppings: Crushed Tortilla Chips, Ham, Bacon</b>  <b>Seasoned Broccoli</b>  <b>Whole Grain Dinner Roll</b>	<b>1/2 Day</b>  <b>Parent/Teacher Conference</b>  <b>*Bag Lunch Offered</b>	<b>1/2 Day</b>  <b>Parent/Teacher Conference</b>  <b>*Bag Lunch Offered</b>
<b>Grill</b>				
<b>Cheeseburger on Whole Grain Bun</b>  <b>Baked French Fries</b>	<b>Chicken Patty on Whole Grain Bun</b>  <b>Baked French Fries</b>	<b>Buffalo Chicken Patty on Whole Grain Bun</b>  <b>Baked French Fries</b>		
<b>Buffalo Chicken Pizza</b>	<b>Classic Pepperoni Pizza</b>	<b>Classic Cheese 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 Hero</b>  <b>Garden Salad with Cheese</b>	<b>Ham and Cheese w/ Honey Mustard</b>  <b>Garden Salad with Chicken</b>	<b>Turkey Sandwich w/Lettuce, Tomato</b>  <b>Chef Salad</b>  <b>Tuna Salad Sandwich</b>	<b>Garden Salad with Tuna</b>  <b>Garden Salad with Buffalo Chicken</b>
Salads offered with dinner rolls				
<b>EXTRA EXTRA</b>				
<b>Fresh Celery Sticks</b>  <b>Tomatoes</b>  <b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Fresh Carrots</b>  <b>Black Bean and Corn Salad</b>  <b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Power Peas</b>  <b>Sweet and Tangy Broccoli Salad</b>  <b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Cucumbers</b>  <b>Black Bean and Corn Salad</b>  <b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Fresh Baby Carrots</b>  <b>Sweet and Tangy Broccoli Salad</b>  <b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</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.

