



WHITE BROOK MIDDLE SCHOOL: Oct. 22-26 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Burger Bar: Beef 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	Chicken Fajitas Whole Grain Tortilla, Spicy Black Beans Sautéed Onions & Peppers Shredded Cheddar Cheese, Salsa, Seasoned Corn Steamed Brown Rice	Lasagna Classic Italian Meat Sauce Mozzarella Cheese Italian Sautéed Green Beans Whole Grain Garlic Breadstick	Corn Dog Homemade Chili Baked Beans Confetti Coleslaw	General Tso's Chicken Vegetable Lo Mein Sautéed Bok Choy Fresh Baked Whole Grain Biscuit
Grill				
Chicken Patty on a Whole Grain Bun Baked French Fries	Cheeseburger on Whole Grain Bun Baked French Fries	Buffalo Chicken Patty on Whole Grain Bun Baked French Fries	Cheeseburger on Whole Grain Bun Baked French Fries	Meatball Sub Baked French Fries
2Mato				
Buffalo Chicken Pizza	Classic Pepperoni Pizza	Classic Cheese Pizza	Classic Pepperoni Pizza	BBQ Chicken Pizza
On The Go				
Chicken Ranch Wrap Garden Salad w/ Cheese Garden Salad w/Chicken	Italian Hero Garden Salad with Cheese	Ham and Cheese w/Honey Mustard Garden Salad with Tuna	Turkey Sandwich w/Lettuce, Tomato Chef Salad Tuna Salad Sandwich	Turkey BLT Wrap Garden Salad w/Buffalo Chicken
<small>Salads offered with dinner rolls</small>				
EXTRA EXTRA				
Baby Carrots Sweet Cucumber Salad Fresh Whole Fruit Assorted Chilled Fruit	Tomatoes 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 Dippers Chick Pea Salad Fresh Whole Fruit Assorted Chilled Fruit

MONTHLY FOOD FOCUS: October 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.

USDA, EPSD, and Chartwells are equal opportunity employers and providers.