



WHITE BROOK MIDDLE SCHOOL: Jan 7-11, 2019 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Plain OR Buffalo Popcorn Chicken	Beef and Cheese Nachos	Lasagna	Hot Dog Bar	Honey Glazed Chicken
Carrots & Celery w/ Ranch Dressing	Whole Grain Tortilla Chips, Seasoned Ground Beef	Classic Italian Meat Sauce, Baked Mozzarella Cheese	Toppings: Diced Onions, Relish, Chili, Cheese Sauce	Waffle Fries
Tater Tots	Spicy Black Beans	Italian Sauteed Greenbeans		Confetti Coleslaw
Confetti Coleslaw	Shredded Cheddar Cheese, Shredded Lettuce, Salsa	Tossed Salad	Waffle Fries	
Whole Grain Biscuit	Sweet Corn	Whole Grain Garlic Breadstick		Whole Grain Dinner Roll
Grill				
Chicken Patty on Whole Grain Bun	Cheeseburger on Whole Grain Bun	Buffalo Chicken Patty on Whole Grain Bun	Cheeseburger on Whole Grain Bun	Meatball Grinder with Cheese
Tater Tots	Baked French Fries	Tater Tots	Baked French Fries	Baked French Fries
2Mato				
Chicken Bacon Ranch Pizza	Classic Pepperoni Pizza	Classic Cheese Pizza	BBQ Chicken Pizza	BBQ Chicken Pizza
On The Go				
Chicken Ranch Wrap	Italian Hero	Ham and Cheese w/ Honey Mustard	Turkey Sandwich with Lettuce and Tomato	Tuna Sandwich
Garden Salad w/ Cheese, Garden Salad w/Chicken	Garden Salad with Cheese, Taco Salad	Garden Salad with Tuna	Chef Salad, Garden Salad w/ Cheese	Garden Salad with Chicken & Cheese
Salads offered with dinner rolls				
EXTRA EXTRA				
Baby Carrots	Cucumbers	Power Peas	Cucumbers	Squash & Zucchini Sticks
Apple Cranberry Relish	Citrus Chickpea Salad	Sweet Corn Salad	Black Bean and Corn Salad	Sweet & Tangy Broccoli Salad
Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit
<p>MONTHLY FOOD FOCUS: January Food Focus is CITRUS!! *** Did you know?? Grapefruits got their name because they grow in bunches...just like grapes!!</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.