



**WHITE BROOK MIDDLE SCHOOL: Jan 14-18, 2019 LUNCH MENU**

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Create</b>				
<b>Burger Bar: Beef or Veggie Burger</b>  <b>Toppings: Lettuce, Tomato, American, Cheddar or Mozzarella Cheese, Bacon, Caramelized Onions, Cucumber Pickles</b>  <b>Tater Tots</b>	<b>Tacos</b>  <b>Whole Grain Taco Shells, Seasoned Gound Beef</b>  <b>Salsa, Shredded Cheddar Cheese</b>  <b>Steamed Brown Rice</b>  <b>Sweet Corn</b>	<b>Macaroni and Cheese</b>  <b>Toppings: Ham, Bacon Bits, Crushed Tortillas</b>  <b>Seasoned Broccoli</b>  <b>Whole Grain Dinner Roll</b>	<b>Chicken Fillet</b>  <b>Assorted Dipping Sauce</b>  <b>Celery and Carrot Sticks w/ Ranch Dressing</b>  <b>Waffle Fries</b>	<b>Breakfast For Lunch!</b>  <b>French Toast Sticks with Syrup</b>  <b>Sausage Patty</b>  <b>Tater Tots</b>
<b>Grill</b>				
<b>Chicken Patty on Whole Grain Bun</b>  <b>Tater Tots</b>	<b>Cheeseburger on Whole Grain Bun</b>  <b>French Fries</b>	<b>Buffalo Chicken Patty on Whole Grain Bun</b>  <b>Tater Tots</b>	<b>Cheeseburger on Whole Grain Bun</b>  <b>Waffle Fries</b>	<b>Meatball Sub</b>  <b>Tater Tots</b>
<b>2Mato</b>				
<b>Chicken Bacon Ranch Pizza</b>	<b>Classic Pepperoni Pizza</b>	<b>Classic Cheese Pizza</b>	<b>Classic Pepperoni Pizza</b>	<b>BBQ Chicken Pizza</b>
<b>On The Go</b>				
<b>Chicken Ranch Wrap</b>  <b>Garden Salad w/ Cheese</b> <b>Garden Salad w/ Chicken &amp; Cheese</b>	<b>Italian Cold Cut</b>  <b>Garden Salad with Cheese, Taco Salad</b>	<b>Ham and Cheese</b>  <b>Garden Salad with Tuna, Garden Salad w/ Cheese</b>	<b>Turkey Sandwich w/ Lettuce &amp; Tomato</b>  <b>Chef Salad</b> <b>Garden Salad w/ Cheese</b>	<b>Tuna Melt</b>  <b>Garden Salad w/ Cheese</b> <b>Garden Salad w/ Chicken</b>
<b>Salads offered with dinner rolls</b>				
<b>EXTRA EXTRA</b>				
<b>Fresh Celery Sticks</b>  <b>Cranberry Apple Relish</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>Fresh Carrots</b>  <b>Citrus Chickpea Salad</b>  <b>Orange Wedges</b> <b>Assorted Chilled Fruit</b>	<b>Cucumbers</b>  <b>Pasta Salad</b>  <b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Fresh Baby Carrots</b>  <b>Citrus Chickpea Salad</b>  <b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>
<p>Monthly Food Focus: January Food Focus is CITRUS***Did you know?? An 8 ounce glass of orange juice contains more calcium than a glass of cow's milk! (350 mg vs 300)! 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.</p>				