



**WHITE BROOK MIDDLE SCHOOL: Jan 21-25 LUNCH MENU**

**LUNCH \$2.85**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Create</b>				
<b>No School</b>  <b>Martin Luther King Jr. Birthday Observed</b>	<b>Burritos</b>  Whole Grain Tortilla, Seasoned Ground Beef, Steamed Brown Rice  Shredded Cheddar Cheese, Salsa, Sweet Corn, Spicy Black Beans	<b>Baked Ziti</b>  Barilla Pasta, Classic Italian Marinara Sauce Baked Mozzarella Cheese  Italian Sauteed Green Beans  Whole Grain Garlic Breadstick	<b>Chicken Nuggets</b>  Homemade Mashed Potatoes  Sweet Green Peas  Whole Grain Biscuit	<b>Chicken Parmesan Sandwich</b> Tater Tots  Sweet Red & Green Pepper Strips
	<b>Grill</b>			
	Chicken Patty Sandwich on Whole Grain Bun Baked French Fries	Buffalo Chicken Patty Sandwich on WG Bun Tater Tots	Cheeseburger on Whole Grain Bun Baked French Fries	Meatball Sub  Tater Tots
<b>2Mato</b>				
	Classic Pepperoni Pizza	Classic Cheese Pizza	Classic Pepperoni Pizza	BBQ Chicken Pizza
<b>On The Go</b>				
	Italian Hero  Taco Salad, Garden Salad w/ Cheese	Ham & Cheese  Chef Salad Garden Salad w/ Cheese	Turkey & Cheese w/ Lettuce & Tomato Garden Salad w/ Tuna Garden Salad w/ cheese	Tuna Melt  Garden Salad w/ Chicken
<small>Salads offered with dinner rolls</small>				
<b>EXTRA EXTRA</b>				
Baby Carrots  Apple Cranberry Relish  Fresh Whole Fruit Assorted Chilled Fruit	Cucumbers  Black Bean & Corn Salad  Fresh Whole Fruit Assorted Chilled Fruit	Power Peas  Citrus Chickpea Salad  Orange Wedges Assorted Chilled Fruit	Cucumbers  Black Bean and Corn Salad  Fresh Whole Fruit Assorted Chilled Fruit	Tomatoes  Citrus Chickpea Salad  Fresh Whole Fruit Assorted Chilled Fruit

**MONTHLY FOOD FOCUS: January Food Focus is CITRUS!!\*\*\*Did You Know?? Grapefruits got their name because they grow on trees in bunches...just like grapes!!**



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.

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