



WHITE BROOK MIDDLE SCHOOL: Jan. 28-Feb 1, 2019 LUNCH MENU LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
NO SCHOOL	Chicken Fajitas	Pasta with Meat Sauce	Turkey Dinner	Super Bowl Blowout!!
Teacher Professional Development	Seasoned Grilled Chicken, Whole Grain Tortilla	Barilla Pasta, Classic Italian Meat Sauce	Homemade Mashed Potatoes & Gravy	Gronk Chili
Semester Change	Satueed Onions & Peppers	Italian Sauteed Green Beans	Sweet Butternut Squash	Touch Down Tortilla Scoops
	Shredded Cheddar Cheese	Tossed Salad	Cranberry Sauce	Tail Gate Tater Tots
	Steamed Brown Rice	Whole Grain Garlic Breadstick	Whole Grain Dinner Roll	2 Point Conversion Carrots
Grill				
	Cheeseburger on Whole Grain Bun	Buffalo Chicken Patty Sandwich on Whole Grain Bun	Cheeseburger on a Whole Grain Bun	Sack Attack Sausage Sub
	w/ French Fries	w/ Tater Tots	w/ French Fries	w/ Tail Gate Tater Tots
2Mato				
	Classic Pepperoni Pizza	Classic Cheese Pizza	Classic Pepperoni Pizza	Patriots Pizza
On The Go				
	Italian Cold Cut	Ham and Cheese	Turkey Sandwich with Lettuce and Tomato	TouchBack Tuna Melt
	Taco Salad	Garden Salad with Tuna	Chef Salad	Garden Salad w/ Chicken
	Garden Salad with Cheese	Garden Salad w/ Cheese	Garden Salad w/ Cheese	Garden Salad w/ Cheese
Salads offered with dinner rolls				
EXTRA EXTRA				
Baby Carrots	Cucumbers	Power Peas	Cucumbers	Coin Toss Carrot Sticks
Squash and Zucchini Dippers	Black Bean and Corn Salad	Citrus Chickpea Salad	Pasta Salad	Punt Pasta Salad
Fresh Whole Fruit	Fresh Whole Fruit	Orange Wedges	Fresh Whole Fruit	Fresh Whole Fruit
Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled 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 on trees...just like grapes!!</p> <p>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>				