



WHITE BROOK MIDDLE SCHOOL: Feb. 4-8 2019 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Burger Bar: Beef or Veggie Burger Toppings: Lettuce, Tomato, American, Cheddar or Mozzarella Cheese, Bacon, Caramelized Onions, Cucumber Pickles Tater Tots	Nachos Seasoned Ground Beef, Whole Grain Tortilla Chips Homemade Cheddar Cheese Sauce, Lettuce, Tomato Salsa Sweet Corn	Chicken Alfredo Pasta Tender Grilled Chicken, Classic Alfredo Sauce Seasoned Broccoli Whole Grain Garlic Breadstick	Chicken Nuggets Steamed Brown Rice Buttery Carrots Confetti Coleslaw Whole Grain Biscuit	Soup and Sandwich Combo Hearty Chicken Noodle Soup Toasted Cheese Sandwich Sweet Potato Fries
Grill				
Chicken Patty on Whole Grain Bun Tater Tots	Cheeseburger on Whole Grain Bun Baked French Fries	Ham & Cheese Pretzel Melt Baked French Fries	Cheeseburger on Whole Grain Bun Tater Tots	Meatball Grinder with Cheese Baked French Fries
Chicken Bacon Ranch 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 and Cheese	Italian Hero Taco Salad Garden Salad w/ Cheese	Turkey Sandwich w/ Lettuce & Tomato Garden Salad w/ Tuna Garden Salad w/ Cheese	Ham & Cheese Wrap w/ Honey Mustard Chef Salad Garden Salad w/ Cheese	Tuna Melt Garden Salad w/ Cheese Garden Salad w/ Chicken
Salads offered with dinner rolls				
EXTRA EXTRA				
Fresh Celery Sticks Citrus Chickpea Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Carrots Black Bean and Corn Salad Fresh Whole Fruit Assorted Chilled Fruit	Power Peas Cranberry Apple Relish Fresh Whole Fruit Assorted Chilled Fruit	Cucumbers Citrus Chickpea Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Baby Carrots Pasta Salad Fresh Whole Fruit Assorted Chilled Fruit

Monthly Food Focus: February Food Focus is SWEET POTATOES!!**Sweet Potatos orange color comes from beta carotene, a form of Vitamin A. We need Vitamin A for healthy skin and vision.

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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