



WHITE BROOK MIDDLE SCHOOL: Feb 11-15, 2019 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Corn Dogs	Tacos	Macaroni and Cheese	Hamburg Sundae	Hot Dog
Sweet Potato Fries	Seasoned Ground Beef, Whole Grain Tortilla Chips, Steamed Brown Rice, Sweet Corn	Toppings: Bacon, Crushed Tortilla Chips, Ham	Seasoned Ground Beef w/ Gravy	Homemade Cheddar Cheese Sauce
Baked Beans	Lettuce, Tomato	Seasoned Broccoli	Homemade Mashed Potatoes	Chili w/ Whole Grain Tortilla Chips
Confetti Coleslaw	Shredded Cheddar Cheese, Salsa	Whole Grain Flatbread	Sweet Corn	Tater Tots
Grill				
Chicken Patty on a Whole Grain Bun	Cheeseburger on Whole Grain Bun	Ham and Cheese Pretzel Melt	Cheeseburger on a Whole Grain Bun	Meatball Grinder with Cheese
w/ Tater Tots	w/ French Fries	w/ Tater Tots	w/ French Fries	w/ Tater Tots
2Mato				
Chicken Bacon Ranch Pizza	Classic Pepperoni Pizza	Classic Cheese Pizza	Classic Pepperoni Pizza	BBQ Chicken Pizza
On The Go				
Chicken Ranch Wrap	Italian Cold Cut	Ham and Cheese Wrap	Turkey Sandwich with Lettuce and Tomato	Tuna Melt
Garden Salad w/ Cheese, Garden Salad w/Chicken and Cheese	Garden Salad with Cheese Taco Salad	Garden Salad with Tuna Garden Salad w/ Cheese	Chef Salad, Garden Salad w/ Cheese	Garden Salad w/Chicken Garden Salad w/ Cheese
Salads offered with dinner rolls				
EXTRA EXTRA				
Baby Carrots	Cucumbers	Power Peas	Cucumbers	Carrot Sticks
Tomato Cucumber Basil Salad	Corn & Black Bean Salad	Cranberry Apple Relish	Potato Salad	Pasta Salad
Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Orange Wedges Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit
<p>MONTHLY FOOD FOCUS: February's Food Focus is SWEET POTATOES!!***Taste the Rainbow! Sweet potatoes come in different colors, such as orange, white, yellow, purple, and red. They all have different tastes, textures, flavors and nutrients.</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>				

