



WHITE BROOK MIDDLE SCHOOL: March 4-8, 2019 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
<p>Chicken Parmesan</p> <p>Crispy Chicken Patty, Classic Marinara Sauce, Fresh Rotini Pasta</p> <p>Steamed Broccoli</p> <p>Whole Grain Breadstick</p>	<p>Chicken Fajitas</p> <p>Whole Grain Tortilla, Seasoned Grilled Chicken</p> <p>Sauteed Onions & Peppers</p> <p>Steamed Brown Rice</p>	<p>Teriyaki Glazed Chicken</p> <p>Seasoned Brown Rice</p> <p>Whole Grain Breadstick</p>	<p>Creamy Chicken and Broccoli Casserole</p> <p>Whole Grain Breadstick</p>	<p>Chicken Cordon Bleu</p> <p>Crispy Chicken, Sliced Ham, Swiss Cheese</p> <p>Mashed Potatoes w/ Gravy</p>
Grill				
<p>Cheeseburger on Whole Grain Bun</p> <p>Tater Tots</p>	<p>Chicken Patty Sandwich on Whole Grain Bun</p> <p>Tater Tots</p>	<p>Cheeseburger on Whole Grain Bun</p> <p>Tater Tots</p>	<p>Chicken Patty Sandwich on Whole Grain Bun</p> <p>Tater Tots</p>	<p>Cheeseburger on Whole Grain Bun</p> <p>Tater Tots</p>
2Mato				
Classic Cheese Pizza	Classic Pepperoni Pizza	Classic Cheese Pizza	Classic Pepperoni Pizza	Classic Cheese Pizza
On The Go				
<p>Turkey Sandwich w/ Lettuce & Tomato</p> <p>Garden Salad w/ Cheese, Garden Salad w/Chicken and Cheese</p>	<p>Chicken Ranch Wrap</p> <p>Garden Salad with Cheese, Taco Salad</p>	<p>Buffalo Chicken Wrap</p> <p>Garden Salad with Tuna, Garden Salad w/ Cheese</p>	<p>Ham & Cheese on Whole Grain Bun</p> <p>Chef Salad, Garden Salad w/ Cheese</p>	<p>Tuna Salad Sub</p> <p>Garden Salad with Cheese</p>
Salads offered with dinner rolls				
EXTRA EXTRA				
<p>Chickpea Salad</p> <p>Carrot & Celery, Grape Tomatoes, Broccoli Florets</p> <p>Fresh Whole Fruit Assorted Chilled Fruit</p>	<p>Chickpea Salad</p> <p>Carrot & Celery, Grape Tomatoes, Broccoli Florets</p> <p>Fresh Whole Fruit Assorted Chilled Fruit</p>	<p>Chickpea Salad</p> <p>Carrot & Celery, Grape Tomatoes, Broccoli Florets</p> <p>Fresh Whole Fruit Assorted Chilled Fruit</p>	<p>Chickpea Salad</p> <p>Carrot & Celery, Grape Tomatoes, Broccoli Florets</p> <p>Fresh Whole Fruit Assorted Chilled Fruit</p>	<p>Chickpea Salad</p> <p>Carrot & Celery, Grape Tomatoes, Broccoli Florets</p> <p>Fresh Whole Fruit Assorted Chilled Fruit</p>

MONTHLY FOOD FOCUS: March Food Focus is WHOLE GRAINS!!Whole Grains contain dietary fiber, which helps reduce cholesterol and may lower risk of heart disease.**

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Secondary: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes and fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.