



## WHITE BROOK MIDDLE SCHOOL: March 25-29 LUNCH MENU

LUNCH \$2.85

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| <b>Create</b>  |   |  |  |  |
| Baked Potato Bar<br><br>Choice of Toppings:<br>Diced Ham, Creamy Cheddar Cheese Sauce, Chili, Seasoned Broccoli Florets<br><br>Whole Grain Biscuit | Baked Ziti<br><br>Barilla Pasta, Classic Italian Marinara Sauce<br>Baked Mozzarella Cheese<br>Roasted Broccoli<br><br>Whole Grain Biscuit | Beef OR Chicken Taco OR Nachos<br>Whole Grain Tortilla OR Tortilla Chips<br><br>Diced Tomato<br>Shredded Lettuce<br><br>Sour Cream | General Tso's Chicken<br><br>Seasoned Brown Rice<br><br>Sweet Green Peas<br><br>Seasoned Carrots | Chicken Tenders<br><br>Crinkle Cut Fries<br><br>Side Salad<br><br>Whole Grain Breadstick |
| <b>Grill</b>   |   |  |  |  |
| Cheeseburger on Whole Grain Bun<br>Tater Tots  | Chicken Patty Sandwich on Whole Grain Bun<br>Tater Tots   | Cheeseburger on Whole Grain Bun<br>Tater Tots  | Chicken Patty on Whole Grain Bun<br>Tater Tots   | Cheeseburger on Whole Grain Bun<br>Tater Tots  |
| <b>2Mato</b>   |   |  |  |  |
| Classic Cheese Pizza   | Classic Pepperoni Pizza   | Classic Cheese Pizza   | Classic Pepperoni Pizza  | Classic Cheese Pizza   |
| <b>On The Go</b>   |   |  |  |  |
| Chicken Ranch Wrap<br><br>Garden Salad w/ Cheese<br>Garden Salad w/ Chicken  | Chicken Ranch Wrap<br><br>Garden Salad w/ Cheese<br>Garden Salad w/ Chicken   | Chicken Ranch Wrap<br><br>Garden Salad w/ Cheese<br>Garden Salad w/ Chicken  | Chicken Ranch Wrap<br><br>Garden Salad w/ Cheese<br>Garden Salad w/ Chicken                      | Chicken Ranch Wrap<br><br>Garden Salad w/ Cheese<br>Garden Salad w/ Chicken              |
| Salads offered with dinner rolls   |   |  |  |  |
| <b>EXTRA EXTRA</b>   |   |  |  |  |
| Baby Carrots<br><br>Citrus Chickpea Salad<br><br>Fresh Whole Fruit<br>Assorted Chilled Fruit   | Cucumbers<br><br>Black Bean & Corn Salad<br><br>Fresh Whole Fruit<br>Assorted Chilled Fruit   | Power Peas<br><br>Citrus Chickpea Salad<br><br>Orange Wedges<br>Assorted Chilled Fruit   | Cucumbers<br><br>Black Bean and Corn Salad<br><br>Fresh Whole Fruit<br>Assorted Chilled Fruit    | Tomatoes<br><br>Citrus Chickpea Salad<br><br>Fresh Whole Fruit<br>Assorted Chilled Fruit |

**MONTHLY FOOD FOCUS: March Food Focus is WHOLE GRAINS!!\*\*Wheat provides more calories and protein in the world's diet than any other crop! It is also a staple food for 35% of the earth's population.**



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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