



WHITE BROOK MIDDLE SCHOOL: March 18-22, 2019 LUNCH MENU LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
BBQ Pulled Pork Sandwich Lettuce & Spinach Salad Tater Tots	Pasta w/ Meat Sauce Fresh Pasta, Classic Italian Meat Sauce Italian Sauteed Green Beans Whole Grain Garlic Breadstick	Chicken OR Beef Soft Taco OR Nachos Seasoned Ground Beef OR Seasoned Ground Chicken Whole Grain Tortilla OR Tortilla Chips Shredded Lettuce, Diced Tomatoes, Sour Cream Seasoned Black Beans	General Tso's Chicken Seasoned Brown Rice Peas & Carrots Medley Steamed Broccoli Florets	Chicken and Waffles Crispy Chicken Tenders Whole Grain Waffle w/ Syrup Baked Potato Wedges
Grill				
Cheeseburger on Whole Grain Bun Tater Tots	Chicken Patty on Whole Grain Bun Tater Tots	Cheeseburger on Whole Grain Bun Tater Tots	Chicken Patty on Whole Grain Bun Tater Tots	Cheeseburger on Whole Grain Bun Tater Tots
2Mato				
Classic Cheese Pizza	Classic Pepperoni Pizza	Classic Cheese Pizza	Classic Pepperoni Pizza	Classic Cheese Pizza
On The Go				
Chicken Ranch Wrap Garden Salad w/ Cheese, Garden Salad w/Chicken	Chicken Ranch Wrap Garden Salad w/ Cheese Garden Salad w/ Chicken	Chicken Ranch Wrap Garden Salad with Cheese Garden Salad w/ Chicken	Chicken Ranch Wrap Garden Salad w/ Cheese Garden Salad w/ Chicken	Chicken Ranch Wrap Garden Salad w/ Cheese Garden Salad w/ Chicken
Salads offered with dinner rolls				
EXTRA EXTRA				
Fresh Carrot Sticks Citrus Chickpea Salad Fresh Whole Fruit Assorted Chilled Fruit	Cucumbers Black Bean and Corn Salsa Fresh Whole Fruit Assorted Chilled Fruit	Power Peas Citrus Chickpea salad Orange Wedges Assorted Chilled Fruit	Cucumbers Black Bean and Corn Salad Fresh Whole Fruit Assorted Chilled Fruit	Squash & Zucchini Sticks Citrus Chickpea Salad Fresh Whole Fruit Assorted Chilled Fruit

March's Food Focus is Whole Grains!!!!** 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. EPSD, USDA, and Chartwells are equal opportunity employers and providers.