



WHITE BROOK MIDDLE SCHOOL: April 22-26, 2019 LUNCH MENU

LUNCH \$2.85

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
General Tso's Chicken	Chicken Fajitas	Pasta w/ Meat Sauce	Chicken Patty Sandwich	Sloppy Joe's
Seasoned Brown Rice	Whole Grain Tortilla, Seasoned Grilled Chicken	Barilla Pasta, Classic Italian Meat Sauce	Choice of Grilled Chicken OR Buffalo	Tater Tots
Steamed Broccoli	Sauteed Onions & Peppers	Italian Sauteed Green Beans	Sweet Corn	Creamy Coleslaw
	Steamed Brown Rice	Whole Grain Garlic Breadstick		
	Shredded Cheddar Cheese, Salsa			
Grill				
Chicken Patty Sandwich on Whole Grain Bun	Cheeseburger on a Whole Grain Bun	Chicken Patty Sandwich on Whole Grain Bun	Cheeseburger on a Whole Grain Bun	Meatball Grinder with Cheese
Tater Tots	Baked French Fries	Tater Tots	Baked French Fries	Potato Wedges
2 Mato				
Classic Cheese Pizza	Classic Pepperoni Pizza	Classic Cheese Pizza	Classic Pepperoni Pizza	BBQ Chicken Pizza
On The Go				
Chicken Ranch Wrap	Italian Hero	Ham and Cheese Wrap	Turkey Sandwich with Lettuce and Tomato	Tuna Melt
Garden Salad w/ Cheese Garden Salad w/ Chicken	Taco Salad Garden Salad w/ Cheese	Garden Salad with Tuna Garden Salad w/ Cheese	Chef Salad, Garden Salad w/ Cheese	Garden Salad w/ Cheese Garden Salad w/ Chicken
Salads offered with dinner rolls				
EXTRA EXTRA				
Fresh Carrot Sticks	Cucumbers	Power Peas	Cucumbers	Squash & Zucchini Sticks
Citrus Chickpea Salad	Black Bean & Corn Salad	Pasta Salad	Citrus Chickpea Salad	Creamy Coleslaw
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: April Food Focus is YOGURT!***Yogurt has "good" bacteria called Probiotics that help keep our digestive and immune systems healthy.</p> <p>USDA, EPSD, and Chartwell's are equal opportunity employers and providers</p>				

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.